

Rubric for Skipping

Assessment: 4=Mastery 3=Proficient 2=Developing 1=Needs Improvement

4	3	2	1
<ol style="list-style-type: none"> 1. Step-hop using one side of the body, then the other; heels do not touch the ground. 2. Arms swing high in opposition to legs at no time are both in front of body at the same time. 3. Follows a straight path. 	<ol style="list-style-type: none"> 1. Step-hop using one side of the body, then the other; heels occasionally touch the ground. 2. Arms sometimes swing at a medium height, in opposition to legs; other times both arms are in front of body at the same time. 3. Follows a straight path. 	<ol style="list-style-type: none"> 1. Step-hop using one side of the body, heels touch the ground. 2. Arms and hands swing at random. 3. Path may not be straight. 	<ol style="list-style-type: none"> 1. Both feet step or it looks like a gallop, heels always touch the ground. 2. No arm swing. 3. Flat-footed landing.