

Standard 1



Single Point Rubric Running S1.E2.2a

PhysEd RESOURCE

Not Yet

Critical Elements

- Arm-leg opposition throughout running
- Toes-point forward
- Foot lands heel to toe
- Arms swing forward and backwards-no crossing of the midline
- Trunk leans slightly forward

I Can Perform

Standard 1



Single Point Rubric Hopping S1.E1.1

PhysEd RESOURCE

Not Yet

Critical Elements

- Take off and land on the same foot
- Pushing off using toes to move upward and to absorb shock on landing
- Arms swing up and down for balance
- Knee is bend to absorb force.
- Display of a steady rhythm.

I Can Perform

Standard 1



PhysEd RESOURCE

Single Point Rubric Sliding S1.E1.1

Not Yet

Critical Elements

- Head turned sideways in direction of travel with trunk facing forward.
- Lead leg lifts and moves sideways to support weight
- Rear foot moves quickly towards lead foot.
- Body in Air
- Arms Help Propel Forward

I Can Perform

Standard 1



Single Point Rubric Galloping S1.E1.1

PhysEd RESOURCE

Not Yet

Critical Elements

- Trunk faces forward
- Lead leg leaves ground and moves forward to transfer weight
- Rear foot closes to meet supporting foot
- Lead leg repeats movement
- Arms are in front and have a slight bend

I Can Perform

Standard 1



Single Point Rubric Skipping S1.E1.1

PhysEd RESOURCE

Not Yet

Critical Elements

- Step and hop on foot and then on the other foot
- Arms move in opposition to feet
- Arms and leg lift on hopping action.
- Lead foot alternates.

I Can Perform