

RUNNING RUBRIC (LOCOMOTOR SKILLS)

Activity	Mastery (3)	Near Mastery (2)	Remediation (1)
Running 	☐ Looks straight ahead and is aware of all surroundings ☐ Feet and arms are fluent with movement ☐ Going at the correct pace (Rapid or fast) ☐ Opposite hand with opposite leg ☐ Lands on the balls of feet staying light on feet	☐ May become distracted by others and lose fluency of movement ☐ Feet and arms are sometimes fluent with movement ☐ Sometimes lands lightly and sometimes hard on feet	☐ Not watching surroundings ☐ Arms and feet are not fluent with movement ☐ Does not go at the correct pace at all. May go too slowly ☐ Does not land on the balls of feet. Beats the ground and lands hard when running

Cross Country Running Skills Rubrics

Liyong Dong



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