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| --- | --- | --- | --- |
| Highly Effective | Effective | Needs Improvement | Ineffective |
| When asked to skip the student skips for 10 yards in the following manner:* Lead leg steps forward then hops.
* Rear leg Steps forward then hops.
* Balls of feet contact floor softly.
* Arms swing in opposition to legs.
* Skip forward 10 yards alternating legs.
* Uses a smooth rhythmical movement.
* Eyes looking forward.

Student can verbally explain that skipping is a step hop, step hop, step hop movement. | When asked to skip the student skips for 10 yards using SOME of the following :* Lead leg steps forward then hops.
* Rear leg Steps forward then hops.
* Balls of feet contact floor softly.
* Arms swing in opposition to legs.
* Skip forward 10 yards alternating legs.
* Uses a smooth rhythmical movement.
* Eyes looking forward.

Student can NOT verbally explain that skipping is a step hop, step hop, step hop movement. | When asked to skip needs to visually see a demonstration to perform the movement 10 yards using SOME of the following:* Lead leg steps forward then hops.
* Rear leg Steps forward then hops.
* Balls of feet contact floor softly.
* Arms swing in opposition to legs.
* Skip forward 10 yards alternating legs.
* Uses a smooth rhythmical movement.
* Eyes looking forward.

Student can NOT verbally explain that skipping is a step hop, step hop, step hop movement. | When asked to skip student can NOT perform the correct movement even after seeing a demonstration or hearing a verbal explanation of the movement. Or does not try at all to perform the movement. |
| 100 points | Up to 70 points | Up to 50 points | 0 points |
|  |  |  |  |

**Locomotor skill Skipping Rubric**