

Flight: Jumping Rubric for Mature and Versatile Performance

Rating	Body	Space	Effort	Relationship
Advanced	Mature performance (as described in the "Consistent mature performance" box below) Moves body quickly into and out of symmetrical and asymmetrical (twisted) shapes.	Jumps over high levels and wide distances and performs at least a half change of direction in the air.	Makes smooth, effortless transitions between three or more traveling and flight skills.	Makes smooth transitions between combinations of flight skills in low obstacle courses and with others.
Proficient	Consistent mature performance Jumps in a coordinated, rhythmic pattern. <i>Preparation:</i> Takeoff crouch and arm position are appropriate for height and distance of jump (two feet to two feet or one foot to two feet). <i>Main action:</i> Uses quick extension of legs and arms. <i>Recovery:</i> Lands on balls of feet with appropriate crouch to absorb height and distance of jump. Moves body into and out of symmetrical shapes (round, narrow, wide) at height of flight movement and recovers to land on two feet.	Achieves jumps to high, medium, and low levels. Jumps forward across wide, moderate, and short distances. Performs small sideward and backward jumps.	Consistently jumps rhythmically to beats and music. Makes smooth transitions between combinations of jumps with other flight or traveling skills (e.g., run and jump, gallop to jump, jump to jump).	Uses flight skills to move adeptly over, into, out of, onto, and off of low equipment. With others, adeptly uses flight to move in front of, next to and behind, and in roles of leading, following, mirroring, and matching.
Developing	Inconsistent mature performance Jumps are somewhat coordinated. <i>Preparation:</i> Takeoff crouch and arm position are somewhat appropriate for height and distance of jump (two feet to two feet or one foot to two feet). <i>Main action:</i> Extends legs and arms. <i>Recovery:</i> Lands on balls of feet, sometimes flat-footed; uses moderate to appropriate crouch to absorb height and distance of jump. Timing of movement into symmetrical shapes is inconsistent (may start to take shape early or late and may release shape late).	Varies jumps with moderate changes in level and distance.	Times some jumps to beats and music. Combines jumps with other flight or traveling skills with some hesitation (e.g., run and jump, gallop to jump, jump to jump).	Uses flight skills to move over, into, and out of lines, hoops, or ropes on the floor. Can jump off of (not onto) low equipment. Uses flight to move in front of, next to, and behind others; may have trouble keeping up with others.
Beginning	Emerging-elementary performance Performs preparation, main action, and/or recovery with moderate degrees of flexion and/or extension; timing is somewhat coordinated.	Level and distance are seldom varied.	Performs inconsistently in rhythmically timing jumps. Combinations of jumps and other traveling skills are hesitant, stiff, or off balance.	Can jump off of (not onto) low equipment. Is inconsistent in achieving flight to move over, into, and out of lines, hoops, or ropes on the floor and when moving in front of, next to, or behind others; has trouble keeping up with others.