

## Flight: Leaping Rubric for Mature and Versatile Performance

Rating	Body	Space	Effort	Relationship
Advanced	Mature performance (as described in the "Consistent mature performance" box below) Can leap with either leg forward and demonstrate mature performance.	Can perform leap with full extension of legs and arms.	Can leap to an external rhythm (run, run, run, leap, and repeat).	Can leap in unison with a partner.
Proficient	Consistent mature performance Leaps in a coordinated, rhythmic pattern. <i>Preparation:</i> Exhibits forceful extension from take-off foot. <i>Main action:</i> Legs are fully extended; arms are stretched out for balance and in opposition to legs; achieves full extension of legs during flight; uses forward trunk lean. <i>Recovery:</i> Lands on ball of one foot; bends knee slightly to absorb force; can recover and step out of leap into standing position.	Leaps at medium levels covering forward distance.	Uses smooth transitions between running and leaping.  Can leap to an external beat on occasion.	Can leap over medium-high objects.
Developing	Inconsistent mature performance Leaps are somewhat rhythmically coordinated. <i>Preparation:</i> Produces limited force on takeoff. <i>Main action:</i> Legs are extended but not fully; some bend in legs is evident. <i>Recovery:</i> Lands on one foot; recovery is not consistent; cannot step out of leap.	Leaps at low levels, covering moderate forward distance.	Transition between running and leaping is not consistently smooth.	Can leap over low objects (one foot [0.3 meter] off the ground).
Beginning	Emerging-elementary performance Leaps are not rhythmically coordinated and resemble an exaggerated run. <i>Preparation:</i> Takeoff from one foot is inconsistent; little force is produced. <i>Main action:</i> Legs are bent. <i>Recovery:</i> Lands on one foot and sometimes two feet.			Can leap over a jump rope or foam noodle on floor.