

## Traveling: Running Rubric for Mature and Versatile Performance

Rating	Body	Space	Effort	Relationship
Advanced	Mature performance (as described in the "Consistent mature performance" box below) Runs greater distances with consistent mature performance.	Stride covers more space. Can run along zigzag pathways.	Can accelerate when running.	Can run alongside others.
Proficient	Consistent mature performance Arms and legs are rhythmically coordinated. <i>Main action:</i> Alternately pushes off of balls of feet with complete extension of support leg; stride length is at a maximum with trail-leg heel close to buttocks; exhibits definite flight phase; arms swing in opposition and are bent at right angle.	Can cover maximum forward distance with running stride. Can run along varied pathways (curvy, straight, diagonal).	Can vary speed from slow to fast.	Can run around objects and others. Can follow and lead while running.
Developing	Inconsistent mature performance Arms and legs are somewhat rhythmically coordinated. <i>Main action:</i> Exhibits limited but observable flight phase; exhibits incomplete extension of support leg; arm swing in opposition is of limited range; sometimes one foot crosses midline of body.	Can cover moderate forward distance with stride. Can run on straight pathways.	Runs at a slow or medium speed.	Can run around objects and others.
Beginning	Emerging-elementary performance Arms and legs are not rhythmically coordinated (stride is uneven). <i>Main action:</i> No flight phase is observable; exhibits incomplete extension of support leg; arms swing outward horizontally; arm swing is stiff and short; sometimes one foot crosses midline of body; base of support is wide.	Covers short distance with running stride. Can run forward.		