

Flight: Hopping Rubric for Mature and Versatile Performance

Rating	Body	Space	Effort	Relationship
Advanced	Mature performance (as described in the "Consistent mature performance" box below) Can hop on either foot.	Can change direction of hop.	Can hop to an external rhythm.	Can hop in unison with a partner. Can hop while using a ribbon stick.
Proficient	Consistent mature performance Hopping is rhythmically coordinated. <i>Main action:</i> Takes off and lands on same foot; take-off leg is fully extended; nonsupporting thigh lifts with vertical thrust; arms pump up together as supporting foot pushes off ground; body leans forward into hop; lands with slight knee bend to absorb force.	Hops at a medium level. Can hop and cover forward distance. Can hop along varied pathways.	Smoothly connects three or more hops.	Can hop around objects, alongside a partner, and in and out of a hula hoop.
Developing	Inconsistent mature performance Hops are somewhat rhythmically coordinated. <i>Main action:</i> Takes off and lands on same foot; take-off leg has moderate extension; nonsupporting thigh is partially raised; arms swing from back to front in partial range of motion; landing is flat-footed.	Hops at a low level. Hop covers short-range forward distance.	Combines two hops.	Can hop around objects.
Beginning	Emerging-elementary performance Hops are not rhythmically coordinated. <i>Main action:</i> Little height or distance is generated in single hop; balance is lost easily; arms are held out to sides and do not pump; body is upright; lands on one foot and sometimes on two feet.	Hop does not cover forward distance and is at a low level.		