

Traveling: Skipping Rubric for Mature and Versatile Performance

Rating	Body	Space	Effort	Relationship
Advanced	Mature performance (as described in the “Consistent mature performance” box below) Can skip with varied arm action; can skip and turn; can combine skipping with other traveling skills.	Can skip forward and backward.	Can skip to an external rhythm and change tempo.	Can skip in unison with others.
Proficient	Consistent mature performance <i>Main action:</i> Skipping is rhythmically coordinated with step-hop, step-hop pattern and alternating feet; exhibits low vertical lift on hop from balls of feet; uses arms rhythmically in opposition to legs.	Skips along straight and curved pathways.	Skips to an external beat or music.	Skips around objects. Skips alongside a partner.
Developing	Inconsistent mature performance <i>Main action:</i> Step and hop are coordinated; uses arms rhythmically; exaggerates vertical lift on hop; uses flat-footed landing.	Skips along a straight pathway.	Skips inconsistently to an external beat or music.	Skips around objects.
Beginning	Emerging-elementary performance <i>Main action:</i> Cannot sequence two step-hops; uses step-hop on one foot to step on opposite foot; pattern continues; uses no arm action and usually wings out to side.	Skips forward and covers short distance.		