

Table 8.1 Scoring Rubric for the Culminating or Summative Performance Assessment of a Tumbling Unit

Performance level	Routine content	Transitions between skills	Quality of performance	Comments
Gold medal performance: A	Contains a <i>variety</i> of at least 10 different movements. Contains <i>at least one skill from each category</i> : forward rolls, backward rolls, upward agility, inverted agility, upward balance, inverted balance. Contains movements in <i>forward, backward, and sideward directions</i> . Contains a <i>definite</i> observable <i>beginning and end</i> .	Executes <i>smooth transitions with no stops</i> from one movement to the next. Uses a <i>variety of ways of transitioning</i> from one skill to the next.	<i>All movements and transitions are performed correctly, featuring good form and high amplitude.</i>	
Silver medal performance: B	Contains a <i>variety</i> of at least eight different movements. Contains <i>at least one skill from each of the six categories</i> : forward rolls, backward rolls, upward agility, inverted agility, upward balance, inverted balance. Contains movements in <i>forward, backward, and sideward directions</i> . Contains a <i>definite</i> beginning and end.	Executes <i>smooth transitions with a few brief hesitations between skills</i> . Uses a <i>variety of ways of transitioning</i> from one skill to the next.	<i>Most skills are performed without error and with good form and amplitude.</i> Errors appear in <i>one or two skills</i> .	
Bronze medal performance: C	Contains at least six movements but repeats one skill. Contains <i>skills from at least five of the six skill categories</i> : forward rolls, backward rolls, upward agility, inverted agility, upward balance, inverted balance. Contains <i>movements in two directions only</i> . Contains a definite beginning or ending.	Sequence is continuous, but <i>occasional hesitations</i> cause transitions to lack fluidity. Includes <i>some repetition of ways of transitioning</i> from one skill to the next.	Errors appear in <i>two or more skills</i> . <i>Form breaks</i> appear in more than two skills. Performance occasionally lacks in amplitude.	
Novice-level performance: D	Contains fewer than six movements and/or repeats more than one movement. Contains <i>skills from fewer than five of the skill categories</i> . Contains movements <i>in two directions only</i> . Contains a definite beginning but does not hold the ending.	Sequence is not continuous; includes <i>frequent stops and breaks between skills</i> . Includes <i>frequent repetition of ways of transitioning</i> from one skill to the next.	<i>Major errors</i> appear in some skills. <i>Minor errors</i> appear in most skills. Includes many skill-form breaks and a <i>total lack of amplitude throughout the routine</i> .	

This rubric incorporates the performance criteria presented in the guidelines given to students at the beginning of the semester.