Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PM #1 and PM #2**

**Mechanics and Cues of Locomotor Skills Rubric**

 **Pre-test** Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | E (4 points) | M (3 points) | N (2, 1 or 0 points) |   |
| Hop |  |  |  |  |
| Skip |  |  |  |  |
| Gallop |  |  |  |  |
|  |  |  |  | **Grand Total**12 points max |
| Column Totals |  |  |  |  |

**Critical Cues:**

Hopping Skipping

- Take off on one foot - Step-hop on one foot

- Same foot landing - Step-hop on opposite foot

- Maintains balance - Alternates feet without hesitation

- Continues pattern the entire distance (25 feet) - Continues pattern for entire distance (40 feet)

Galloping Rubric Scoring

- Uses same lead foot E = Exceeds Expectations 11-12 90-100%

- Faces forward M = Meets Expectations 8-10 70-89%

- Rear foot never passes the lead foot N = Not Meeting Expectations 7 and below 69% & below

- Continues pattern for entire distance (40 feet)

**Post-test** Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | E (4 points) | M (3 points) | N (2, 1 or 0 points) |   |
| Hop |  |  |  |  |
| Skip |  |  |  |  |
| Gallop |  |  |  |  |
|  |  |  |  | **Grand Total**12 points max |
| Column Totals |  |  |  |  |