

RUNNING RUBRICS

(2 Mile, Partner Mile, Interval Pacer, Variety Run, Variety Run, 1/2/1 or 2/1/1)

Throughout the school year, you will be doing a variety of different types of runs. Each run will be graded according to the rubric below. Most of these runs will be also recorded on a graph.

6TH GRADE SIDE		7TH GRADE SIDE	
2 MILE RUN/10pts.			
Time	Grade	Time	Grade
<18:59	10	<16:59	10
19:00-20:59	9	17:00-18:59	9
21:00- Bell	8	19:00- Bell	8
Poor Effort, After Bell, Stop	Make-Up*	Poor Effort, After Bell, Stop	Make-up*
PARTNER MILE/10pts.			
Time	Grade	Time	Grade
<13:59	10	<12:59	10
14:00-15:59	9	13:00-14:59	9
16:00-17:59	8	15:00-16:59	8
18:00-20:59	7	17:00-19:59	7
21:00-BELL	6	20:00-BELL	6
Poor Effort, After Bell, Stop	MU*	Poor Effort, After Bell, Stop	MU*
INTERVAL PACER/5pts.			
Laps	Grade	Laps	Grade
81+	8	91+	8
71-80	7	81-90	7
61-70	6	71-80	6
60	5	70	5
<60	Make-Up*	<70	Make-Up*
1 pacer lap = 65.6'; 20 laps = .25 miles; 40 laps = .5 miles; 80 laps = mile; 100 laps = 1.25 miles			
VARIETY RUN/5pts.			
Laps	Grade	Laps	Grade
8	7	9	7
7	6	8	6
6	5	7	5
<6	Make-Up*	<7	Make-Up*
1-2-1 (6th) or 1-2-1 (7th)/5pts.			
Time	Grade	Time	Grade
<21:59	5	<21:59	5
22:00+	Make-Up*	22:00+	Make-Up*

Bare minimum requirements to pass the run, therefore, additional cardiovascular training is expected on your own to achieve the minimum requirements in class.

MILE AND PEDOMETER RUBRIC

When you run do the Mile or the Pedometer run, you will be graded according to these rubrics.

MILE RUN/10pts.			
6TH GRADE BOYS		7TH GRADE BOYS	
Time	Grade	Time	Grade
<7:29	10	< 6:59	10
7:30-8:15	9	7:00- 7:45	9
8:16-8:59	8	7:46-8:30	8
9:00-9:45	7	8:31-9:15	7
9:46-10:15	6	9:16-10:00	6
10:16+	5	10:01+	5
6th GRADE GIRLS		7TH GRADE GIRLS	
Time	Grade	Time	Grade
<7:59	10	<7:29	10
8:00-8:45	9	7:30-8:15	9
8:46-9:30	8	8:16-9:00	8
9:31-10:15	7	9:01-9:45	7
10:16-11:00	6	9:46-10:30	6
11:00+	5	10:31+	5

PEDOMETER RUN/10pts.	
1st Semester	
# OF STEPS	6th Graders
< 1000	6 / 10
1000-1499	7 / 10
1500-1999	7.5 / 10
2000-2499	8 / 10
2500-2999	8.5 / 10
3000-3499	9 / 10
3500-3999	10 / 10
4000+	12 / 10
2nd Semester	
< 1499	0 / 10
1500-1999	5 / 10
2000-2499	6 / 10
2500-2999	7 / 10
3000-3499	8 / 10
3500-3999	9 / 10
4000+	10 / 10
Top 2 overall students	12 / 10