



Football Running 7th Grade Rubric



This rubric will help to grade skill level of students in Football Running mechanics. To achieve a skill number, students must demonstrate all of the skills in that scoring level. Emphasis is on the process and mechanics of the sports skill and not the end product.

Skill Number	Mechanics and Cues of Skill
1	<p data-bbox="824 606 1032 636">Basic Skill Level</p> <ul data-bbox="518 648 1330 772" style="list-style-type: none"><li data-bbox="518 648 1330 709">• Student does not have football properly tucked under their arm so they could lose the football or not run properly with both arms<li data-bbox="518 716 1330 772">• Student cannot successfully stop and change directions or quickly move laterally to avoid defenders
2	<p data-bbox="781 900 1076 930">Elementary Skill Level</p> <ul data-bbox="518 942 1330 1098" style="list-style-type: none"><li data-bbox="518 942 1330 1003">• Student does not have football properly tucked under their arm so they could lose the football or not run properly with both arms<li data-bbox="518 1010 1330 1071">• Student cannot successfully stop and change directions or quickly move laterally to avoid defenders<li data-bbox="518 1077 1330 1098">• Student keeps head up while running
3	<p data-bbox="769 1194 1088 1224">Intermediate Skill Level</p> <ul data-bbox="518 1236 1378 1392" style="list-style-type: none"><li data-bbox="518 1236 1378 1297">• Student has football properly tucked under their arm so they can run using both arms<li data-bbox="518 1304 1378 1325">• Student uses their body, not their arm, to avoid getting their belt pulled off<li data-bbox="518 1331 1378 1392">• Student can stop and change directions or quickly move laterally to avoid defenders
4	<p data-bbox="797 1524 1062 1554">Exemplar Skill Level</p> <ul data-bbox="518 1566 1369 1751" style="list-style-type: none"><li data-bbox="518 1566 1369 1627">• Student has football properly tucked under their arm so they can run using both arms<li data-bbox="518 1633 1369 1654">• Student uses their body, not their arm, to avoid getting their belt pulled off<li data-bbox="518 1661 1369 1722">• Student can stop and change directions or quickly move laterally to avoid defenders<li data-bbox="518 1728 1369 1751">• Student is tough for defenders to get