



Football Running 8th 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="824 604 1029 636">Basic Skill Level</p> <ul data-bbox="516 646 1338 814" style="list-style-type: none">• Student does not have football properly tucked under their arm so they could lose the football or not run properly with both arms• Student cannot successfully stop and change directions or quickly move laterally to avoid defenders• Student easy to catch
2	<p data-bbox="781 898 1073 930">Elementary Skill Level</p> <ul data-bbox="516 940 1338 1129" style="list-style-type: none">• Student does not have football properly tucked under their arm so they could lose the football or not run properly with both arms• Student cannot successfully stop and change directions or quickly move laterally to avoid defenders• Student can run with head up• Student easy to catch
3	<p data-bbox="769 1192 1084 1224">Intermediate Skill Level</p> <ul data-bbox="516 1234 1377 1455" style="list-style-type: none">• Student has football properly tucked under their arm so they can run using both arms• Student uses their body, not their arm, to avoid getting their belt pulled off• Student can stop and change directions or quickly move laterally to avoid defenders• Student can avoid or dodge defenders• Student can run with head up
4	<p data-bbox="797 1518 1057 1549">Exemplar Skill Level</p> <ul data-bbox="516 1560 1382 1770" style="list-style-type: none">• Student has football properly tucked under their arm so they can run using both arms• Student uses their body, not their arm, to avoid getting their belt pulled off• Student can stop and change directions or quickly move laterally to avoid defenders• Student can avoid or dodge defenders• Student can run with head up• Student can use a jab step to fake the defenders