Football Running 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.

<table>
<thead>
<tr>
<th>Skill Number</th>
<th>Mechanics and Cues of Skill</th>
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</thead>
</table>
| 1            | **Basic Skill Level**  
  - 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 avoid or dodge defender 0% - 25% of the time |
| 2            | **Elementary Skill Level**  
  - 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 avoid or dodge defender 25% - 50% of the time |
| 3            | **Intermediate Skill Level**  
  - 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 defender 50% - 75% of the time |
| 4            | **Exemplar Skill Level**  
  - 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 defender 75% - 100% of the time |