

MILE RUBRIC

STUDENTS ARE NOT GRADED AGAINST OTHER STUDENTS. THEY ARE ONLY GRADED ON THEIR TIME AND HOW THEY ARE IMPROVING. THIS IS THE RUBRIC FOR THE MILE RUN EACH WEEK. IT IS WORTH 20 POINTS. IF THEIR TIME REMAINS THE SAME, THEY STILL EARN FULL CREDIT.

Exceptional 20 points	Commendable 18 points	Marginal 16 points	Needs Improvement 14 points	Unsatisfactory 10 point
Improves or maintains established run time within 30 seconds of best time; or anything faster than 8:00.	Run time is within 60 seconds of best mile time.	Run time is over 1 minute slower than best mile time.	Run time is over 2 minutes slower than best mile time; walking and reluctant to exert effort.	Walks the mile; fails to cover the distance; refusal to participate; excuses outnumber runs; inconsistent performance.