**Gymnastics Rubric:**

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| **Skill** | **Above Standard** | **Met Standard** | **Below Standard** |
| **Front Roll**  | The student can perform a front roll properly. Head tucked, rolls in straight line, curved body, easy roll, stands with the use of hands.  | The student can perform a front roll but needs practice to correct their form. Head tucked, rolls almost in straight line, curved body, easy roll, does not stand.  | The student can not perform a front roll but tries with assistance. Head tucked, open body roll, does not roll easily, does not stand.  |
| **Log Roll (pencil)**  | The student can perform a log roll properly. Body is aligned;continuous and smooth;arms straight over head or at sides.  | The student can perform a log roll but needs practice to correct their form;body slightly misaligned.  | The student can not perform a log roll but tries with assistance;not aligned.  |
| **Cartwheel**  | The student can perform a cartwheel properly.Straight body, toes pointed, arms and legs in line with body, lands one foot at a time, finishes standing straight with feet together.  | Body slightly misaligned, arms and legs are not in line with the body, finishes one foot at a time.  | Arms and legs not aligned, finishes one foot at a time.  |
| **Balance**  | The student can balance themselves on one leg. Also can walk on a low balance beam all the way across without falling off.  | The student balances adequately on one leg. Also can walk on a low balance beam 3/4 of the way without falling off.  | The student has a difficult time attempting to balance on one leg. Also has difficulty walking on a low balance beam without falling off.  |
| **Jumping**  | Leaves the floor with two feet;explosive;lands on two feet.  | Leaves the floor with two feet, but lands on one; has power and force.  | Leaves the floor with one foot (hops or leaps).  |