

# 1 Mile Run Rubric

## Pierce High School and Johnson Junior High P.E.

This is the grading criteria for the 1 mile run. Teacher may over ride the Timed Grand with his/her observation on effort based on the second set of Criteria.

**1<sup>st</sup> Time Listed = Boys Rubric**

**2<sup>nd</sup> Time Listed = Girls Rubric**

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
<b>8:30 or Better</b> <b>9:30 or Better</b>	<b>8:31 - 11:29</b> <b>9:31 – 12:29</b>	<b>11:30 – 12:59</b> <b>12:30 – 13:59</b>	<b>13:00 – 13:59</b> <b>14:00 – 14:59</b>	<b>14:00 and up</b> <b>15:00 and up</b>
Students Ran all 4 laps. Tried 100%, but did not make the 8:30 time. Teacher Observation	Student Ran most of the time, Student had to walk, but tried 90%. Teacher Observation	Student Ran at least 3 laps and walked the rest. Student tried 80%. Teacher Observation	Student Ran at least 1 ½ laps and walked the rest. Student did not really try for their best time. Teacher Observation	Student walked all laps. Student put in no effort. Teacher Observation

It is the goal of the Pierce/JJH School Physical Education Department to provide the opportunity, skills and know how for all students to improve their Fitnessgram test scores.

All Students will be Tested using the Fitnessgram test procedures.