

6th Grade Running

Rubrics

Mile Run/Figure 8:

5 points = 11:30 minutes or less

4 points = 11:31 to 12:30

3 points = 12:31 to 13:30

2 points = 13:31 to 14:30

1 point = 14:31 to 16:00

PACER:

5 points = 25 plus laps

4 points = 20 to 24 laps

3 points = 15 to 19 laps

2 points = 10 to 14 laps

1 point = 5 to 9 laps

