



1 Mile Run Rubric

Esparto High School PE.

This is the grading criteria for the 1 mile run. Students will grade their peers based on the Timed Rubric Below. Teacher may over ride the Timed Grade with his/her observation on effort based on the second set of Criteria.

1st Time Listed = Boys Rubric

2nd Time Listed = Girls Rubric

A	B	C	D	F
8:30 or Better 9:30 or Better	8:31-11:29 9:31-12:29	11:30 – 12:59 12:30-13:59	13:00 -13:59 14:00-14:59	14:00 and up 15:00 and up
Student Ran all 5 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 Walk the rest. Student tried to 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 Esparto High 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.