

2 MILE RUN RUBRIC AND GRAPHING INSTRUCTIONS

This table represents the 2 Mile Run Rubric for 8th grade girls (on the left) and 8th grade boys (on the right). Below is a description on how the table works as well as how to use your graph.

8TH GRADE GIRLS				8TH GRADE BOYS			
Time Grade		Improvement Scale		Time Grade		Improvement Scale	
Time	Grade	Time	Grade	Time	Grade	Time	Grade
< 13:00	7	< 41	8	< 12:30	7	< 41	8
13:01 – 14:00	6	21 to 40	7	12:31 – 13:30	6	21 to 40	7
14:01 -15:30	5	1 to 20	6	13:31 – 14:30	5	1 to 20	6
15:31 – 17:30	4	0 to -20	5	14:31 – 17:00	4	0 to -20	5
17:31 – 20:30	3	-21 to -40	4	17:01 – 20:30	3	21 to -40	4
20:31- 23:30	2	-41 to -1:00	3	20:31 - 23:00	2	-41 to -1:00	3
> 23:31	1	-1:01 to -1:20	2	> 23:01	1	-1:01 to -1:20	2
		>1:21	1			>1:21	1

Using the Rubric:

This rubric is broken down into a Time Grade (5 pts.) and an Improvement Grade (5 pts.). However, if you look at the rubric, you can earn a 7 out of 5 for time (2 extra points) and an 8 out of 5 for improvement (3 extra points). This is very difficult to do, but, you could ultimately earn 15/10. Your goal is to get your Time and Improvement Grades to add up as close to 10 as possible. Every 2 mile run will be out of 10 possible points. The Improvement Scale is ALWAYS compared to your PERSONAL BEST, not your LAST RUN. Your PERSONAL BEST is carried over from your previous year.

How do I graph?

There is going to be either a short video and/or demonstration on how to graph in class as well as a sample graph provided for you. There will be no excuses to not graph correctly. Your graph, has Date, Time, TG (time grade), IS (improvement scale) and RG (rubric grade out of 10) sections. These MUST be filled out after every 2 Mile Run. In addition, you must plot a line graph throughout the year by plotting a dot in the correct area. Each section on the graph is broken into 1 minute increments. You will determine where to plot your dot in that block. You MUST write your time above the dot each time. See the SAMPLE GRAPH.

Note:

If you fail to graph and show it to your teacher, you will receive a 0/10 on that run. You MUST show your graph to the teacher after every 2 Mile Run, NO EXCEPTIONS.