

# **RUNNING DAY RUBRIC**

*Standard 3.4: Participate in moderate to vigorous physical activity a minimum of 4 days per week*

**1. Students will participate on the cross-country course for 30 minutes.**

<b>2. Scoring</b>	<b>Distance Covered</b>	<b>Equivalent Mile Time</b>	<b>Test Score %</b>
<b>1 lap:</b>	<b>.62 mile</b>	<b>48.23 min. mile</b>	<b>0%</b>
<b>2 laps:</b>	<b>1.24 miles</b>	<b>24.12 min. mile</b>	<b>50%</b>
<i>*One or 2 laps will also include a loss of participation and citizenship points.</i>			
<b>3 laps:</b>	<b>1.86 miles</b>	<b>16.08 min. mile</b>	<b>70%</b>
<b>4 laps:</b>	<b>2.48 miles</b>	<b>12.06 min. mile</b>	<b>85%</b>
<b>*5 laps:</b>	<b>3.10 miles</b>	<b>*9.41 min. mile</b>	<b>100%</b>
<b>6 laps:</b>	<b>3.72 miles</b>	<b>8.07 min. mile</b>	<b>110%</b>
<b>7 laps:</b>	<b>4.34 miles</b>	<b>6.55 min. mile</b>	<b>120%</b>
<b>8 laps:</b>	<b>4.96 miles</b>	<b>6.26 min. mile</b>	<b>130%</b>

*\*This is where the state mandated FitnessGram Healthy Fitness Zone begins*

**3. If a student has a note or is absent for any reason, they have a zero on running day until they make it up.**

**4. To make-up a running day, the student needs to sign up in advance on the running day make-up sheet for their teacher. Make-ups take place on Tuesdays after school (weather permitting). The student then needs to show up at 3:00pm on the lower field to perform the make-up test. The make-up test will take the same 30 minutes, so students should be done about 3:30-3:45. If a student misses the running day make up they've signed up for, they will need to make a new reservation depending on the teacher's procedure.**

**5. If the student is exempt from the Standard because of a doctor's note they are excused from the Standard and will not be graded on that standard.**

**6. Running Day will usually occur every Friday, depending on weather and the school schedule.**

**7. Students must make-up a missed running day within the quarter it was missed.**