

# MOUNTAIN BROOK HIGH SCHOOL CHEER ASSESSMENT RUBRIC

Name \_\_\_\_\_

	<b>SUPERIOR</b>	<b>EXCELLENT</b>	<b>AVERAGE</b>	<b>NEEDS IMPROVEMENT</b>	<b>UNSATISFACTORY</b>
<b>PHYSICAL FITNESS</b>	-Under eight minutes -completes all 5 physical fitness requirements with ease	- under 8:30 -completes 4 out of 5 physical fitness requirements with ease	-8:30 minute-9:00 - completes 3 out of 5 physical fitness requirements with ease	-9:01-9:29 -struggles to complete physical fitness requirements	-9:30 or over -does not complete the physical requirements
<b>TOE TOUCH</b>	-strong tight arms in approach -straight legs -excellent height -completely pointed toes -level T-motion	-arms tight -straight legs -moderate height -toes not fully pointed -level T-motion	-arms bent in approach -slightly bent legs -flexed toes -little height -T motion is too high or too low	-sloppy arms in approach -legs slightly bent and not fully extended -flexed toes -little height	-did not jump -did not fully complete the approach -flexed toes -little height
<b>HURDLER</b>	-strong tight arms in approach -straight legs -excellent height -completely pointed toes -arm placement is correct and head is looking at arms	-arms tight -straight legs -moderate height -toes not fully pointed -arm placement is correct and head is looking at arms	-arms bent in approach -slightly bent legs -flexed toes -little height -arm placement is correct but head is not looking at arms	-sloppy arms in approach -legs slightly bent and not fully extended -flexed toes -little height -arm placement is not correct	-did not jump -did not fully complete the approach -flexed toes -little height
<b>PIKE</b>	-strong tight arms in approach -straight legs -excellent height -completely pointed toes -arm placement is correct and head is looking at arms	-arms tight -straight legs -moderate height -toes not fully pointed -arm placement is correct and head is looking at arms	-arms bent in approach -slightly bent legs -flexed toes -little height -arm placement is correct but head is not looking at arms	-sloppy arms in approach -legs slightly bent and not fully extended -flexed toes -little height -arm placement is not correct	-did not jump -did not fully complete the approach -flexed toes -little height
<b>DOUBLE TOE TOUCH</b>	-strong tight arms in approach -straight legs -excellent height -completely pointed toes -Smooth transition -level T-motion	-arms tight -straight legs -moderate height -toes not fully pointed -smooth transition -Level T-motion	-arms bent in approach -slightly bent legs -flexed toes -little height -hesitant in transition -T-motion is too high or too low	-sloppy arms in approach -legs slightly bent and not fully extended -flexed toes -little height -slight pause in transition	-did not jump -did not fully complete the approach -flexed toes -little height -complete pause in transition

<b>DANCE</b>	<ul style="list-style-type: none"> <li>-strong, tight arm motions</li> <li>-times with music</li> <li>-performs dance without any errors</li> <li>-excellent facial expression and confidence</li> <li>-looks like one with group</li> <li>-holds energy throughout the dance</li> </ul>	<ul style="list-style-type: none"> <li>-performed content with one error</li> <li>-mostly timed with music</li> <li>-motions and arms are placed correctly-needs to be tighter</li> <li>-some facial expression</li> <li>-looks like one with group</li> <li>-majority of dance is done with energy</li> </ul>	<ul style="list-style-type: none"> <li>-performed content with more than one error</li> <li>-timing off</li> <li>-loose arms</li> <li>-some facial expression</li> <li>-blends with group</li> <li>-has some energy throughout</li> </ul>	<ul style="list-style-type: none"> <li>-loose arms</li> <li>-timing off</li> <li>-unsure of choreography <b>(looking to peers for assistance)</b></li> <li>-little facial expression</li> <li>-no energy</li> </ul>	<ul style="list-style-type: none"> <li>-did not perform</li> <li>-unsure of choreography</li> <li>-no facial expression</li> <li>-not able to blend with group</li> </ul>
<b>CHEER</b>	<ul style="list-style-type: none"> <li>-loud strong voices</li> <li>-Sharp arm motions</li> <li>-correct placement of arms</li> <li>-demonstrates mastery of the cheer</li> <li>-“filler” words properly used</li> <li>-facials the entire time</li> </ul>	<ul style="list-style-type: none"> <li>-strong voices</li> <li>-Sharp arm motions</li> <li>-one misplaced arm motion</li> <li>-demonstrates strong knowledge of the cheer</li> <li>-use of “filler” words</li> <li>-facials majority of the time</li> </ul>	<ul style="list-style-type: none"> <li>-weak cheer voice</li> <li>-loose arms</li> <li>-moderate amount of misplaced arm motions</li> <li>-inconsistent facials</li> </ul>	<ul style="list-style-type: none"> <li>-weak cheer voice</li> <li>-loose arms</li> <li>-misplaced arms</li> <li>-little knowledge of cheers</li> <li>-lacking confidence</li> <li>-no facials</li> <li><b>-looking to peers for assistance</b></li> </ul>	<ul style="list-style-type: none"> <li>-weak cheer voice</li> <li>-no knowledge of cheers</li> <li>-did not complete many motions</li> <li>-broken wrists</li> <li>-no facials</li> </ul>
<b>CHANT/SIDELINES</b>	<ul style="list-style-type: none"> <li>-loud strong voices</li> <li>-Sharp arm motions</li> <li>-correct placement of arms</li> <li>-demonstrates mastery of the cheer</li> <li>-“filler” words properly used</li> <li>-facials the entire time</li> </ul>	<ul style="list-style-type: none"> <li>-strong voices</li> <li>-sharp arm motions</li> <li>-correct placement of arms</li> <li>-one misplaced arm motion</li> <li>-demonstrates strong knowledge of the cheer</li> <li>-use of “filler” words</li> <li>-facials majority of the time</li> </ul>	<ul style="list-style-type: none"> <li>-weak cheer voice</li> <li>-loose arms</li> <li>-moderate amount of misplaced arm motions</li> <li>-inconsistent facials</li> </ul>	<ul style="list-style-type: none"> <li>-weak cheer voice</li> <li>-loose arms</li> <li>-misplaced arms</li> <li>-little knowledge of cheers</li> <li>-lacking confidence</li> <li>-no facials</li> <li><b>-looking to peers for assistance</b></li> </ul>	<ul style="list-style-type: none"> <li>-weak cheer voice</li> <li>-no knowledge of cheers</li> <li>-did not complete many motions</li> <li>-broken wrists</li> <li>-no facials</li> </ul>
<b>INCORPS</b>	<ul style="list-style-type: none"> <li>-Smooth transition</li> <li>-hands by their side when moving to another formation</li> <li>-not turning back to the crowd</li> <li>-whole group functioned as one.</li> <li>-confident, correct technique throughout</li> <li>-entertaining</li> <li>-high level of difficulty</li> </ul>	<ul style="list-style-type: none"> <li>-Smooth transitions</li> <li>-hands by their side when moving to another formation</li> <li>-completed the incorp with confidence and execution</li> <li>-all focused on a common goal</li> <li>-difficult skills used</li> </ul>	<ul style="list-style-type: none"> <li>-completed the incorp but with struggle</li> <li>-shaky</li> <li>-four people not on the same page</li> <li>-moderate in level of difficulty</li> <li>-questionable technique</li> </ul>	<ul style="list-style-type: none"> <li>-low level of difficulty</li> <li>-not on the same page</li> <li>-miss-timed</li> <li>-complete but dangerous</li> <li>-improper technique</li> </ul>	<ul style="list-style-type: none"> <li>-did not complete/succeed in the attempted incorp</li> </ul>

<b>STUNT ABILITY</b>	-superior skill -superior body position -extreme confidence in skill and group	-strong skill -strong body positions -confident in skill and with group	-hit skill but could improve -average body position -confident but needs improvement -questionable technique	-struggles to hit skills -incorrect body position -little confidence in skill and group -improper technique	-fails to hit skills - incorrect body position -little to no confidence in skill and with group
<b>STANDING TUMBLING</b>	-standing full (landed)	-strong standing tuck	-attempted standing tuck	-strong standing back handspring	-no standing tumbling
<b>CONNECTED STANDING TUMBLING</b>	-back handspring to full -step out to full	-Toe touch tuck	-Strong toe touch back handspring	-weak toe touch back handspring	-no standing connected tumbling
<b>RUNNING TUMBLING</b>	-rbhs full on hard surface -rbhs lay out on hard surface	-rbhs tuck with clean landing -rbhs 2 tuck	-rbhs tuck with unclean landing	- rbhs series -rbhs tuck on mat	-rbhs or no running tumbling -unable to execute
<b>TEACHER RECOMMENDATIONS</b>	-Perfect score from all teachers (15 points)	-between 13.5 -14.9 points	-between 12-13.4 points	-between 10.5-11.9 points	-below 10.5 points
<b>SPIRIT/ENTHUSIASM/ VOICE</b>	-superior facials -superior projection of spirit -makes you want to cheer -Maintains volume and enthusiasm throughout -Eye Contact	-excellent facials -excellent projection of spirit -eye contact	-average facials -average projection of spirit	-few facial expressions -needs improvement in projecting spirit -needs improvement to project effectively	-no facial expression -meek -afraid to project
<b>ATTITUDE/WORK ETHIC</b>	-superior positive attitude - <b>has positive impact on group</b> -ability to push self to improve with no direction	-excellent attitude -works well in group -ability to push self to improve without much direction	-average attitude -work fairly well with others -pushes self when given direction	-negative or neutral attitude -some problems in group -needs improvement to push self	-negative attitude -difficultly in working in group -does not push self to improve
<b>LEADERSHIP/ DEPENDABLE / TRUSTWORTHY</b>	-superior leadership skills -prompt -respectful -trustworthy -displays superior characteristics needed to represent MBHS	-excellent leadership skills -mostly prompt -mostly respectful -displays excellent characteristics needed to represent MBHS	-average leadership skills -usually prompt -usually respectful -displays average characteristics needed to represent MBHS	-needs improvement to lead -occasionally disrespectful to others - displays average characteristics needed to represent MBHS	-late -does not follow direction -disrespectful

Notes: