

1-Mile Run Rubric (October and May)

All students who complete the mile, regardless of their time, will receive 5 out of 5 points on their daily participation grade. In addition to the daily participation grade, up to 10 performance points will be awarded based on your finishing time. If you have a medical reason why you can not run the mile for time, an alternative assignment will be offered. However, a medical excuse must be accompanied by a written note from your doctor (parental notes will not excuse you from the mile). Once you run your mile in October (and again in May), you may attend up to 8 after school make-up sessions at the end of the quarter. You will be rewarded with 1 additional point on your mile score for each after school make-up you attend, regardless of your time. Also, if your make up mile time improves enough, you earn the extra points for the faster time. Finally, you will have daily opportunities to re-run your mile in your regular physical education class. We will use your best time for your final score.

BOYS

Points Earned	Time Requirements
10	Under 7:00
9	7:00 – 7:59
8	8:00-8:59
7	9:00-9:59
6	10:00-10:59
5	11:00-11:59
4	12:00-12:59
3	13:00-13:59
2	14:00-14:59
1	15:00-16:00
0	More than 16:00 or failure to complete the mile

GIRLS

Points Earned	Time Requirements
10	Under 8:00
9	8:00 – 8:59
8	9:00-9:59
7	10:00-10:59
6	11:00-11:59
5	12:00-12:59
4	13:00-13:59
3	14:00-14:59
2	15:00-15:59
1	16:00-17:00
0	More than 17:00 or failure to complete the mile