

Striking with an Implement Self Assessment

Directions: On your own, review each skill and decide which category best fits your skill level. Mark each box accordingly, using the number for each column. Upon completion, total each column, then total all boxes. Then average the total score by "6". Write this number in the final box.

Name:	
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Grade/Class:	
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	Mastery (4)	Proficient (3)	Basic (2)	Below Basic (1)
1. Striking with a bat:				
2. Striking with a long-handled implement (tennis racquet):				
3. Striking with a short-handled implement (paddle):				
4. Striking with a short-handled implement (hand-held hockey stick):				
5. Striking with one hand or arm:				
6. Striking with two hands or arms:				
Total the score for each column:				
Add all the boxes together:				
Average the total of the boxes:		divided by	6 =	

Mastery: Hit object using the correct part of the implement, in a controlled, balanced motion. Proper athletic stance and foot work is used on each stroke/hit.
 Proficient: Hit object using the correct part of the implement, in a controlled, balanced motion.
 Basic: Implement makes contact with object. No control over where it goes.
 Below Basic: Implement cannot make contact with the object.