

Overhand Throwing Rubric

Critical Components	Outstanding Work; Highly Exceeds the Standard; "A"; 4 on a 4 point scale	Above Average Work; Exceeds the Standard; "B"; 3 on a 4 point scale	Average Work; Meets the Standard; "C"; 2 on a 4 point scale
Terminology & Language	Uses sport specific terminology when answering	Uses combinations of sport specific & general descriptive terms when answering	Uses general descriptive terms when answering
Example:	Trunk Rotation; Follow-Through; Wrist Flip	Opposite Foot in Front; Turn the Trunk; Start with Ball by the Ear	One foot in front of the other; side to target; Fingers hold the ball
Identifies the critical elements correctly	Identifies 7 or more critical elements	Identifies 6 critical elements	Identifies 5 critical elements
Example:	<ol style="list-style-type: none"> 1. Step with opposite foot. 2. Non-throwing shoulder to target. 3. Ball close to ear on throwing side. 	<ol style="list-style-type: none"> 4. Trunk rotation. 5. Body weight shifts forward. 6. Elbow up & out. 	<ol style="list-style-type: none"> 7. Throwing arm's movement is forward & crosses the midline.
Appropriate use of Remediation & Enrichment Activities	Lists a remediation & enrichment activity for 3 different factors	Lists a remediation & enrichment activity for 2 different factors	Lists one remediation & enrichment activity
Example:	Equipment; Environment; Accuracy	Distance, Arc Height	Foot Work, Strength
	Uses separate example for each remediation & enrichment activity	Uses converse example for each remediation & enrichment activity	Remediation & enrichment example may not relate to the same factor
Example:	Remediation example: practice trunk rotation while on knees, using whiffle ball; Enrichment example: After 10 successful throws, take 10 steps back and continue throwing until reaching 10 successful throws, repeat procedure	Large ball; Small ball	Remediation example is related to the equipment used; Enrichment example relates to accuracy



Below Average Work; Working beneath the Standard; Substandard; "D"; 1 on a 4 point scale	Unacceptable Work; Work is well below the Standard; "F"; 0 on a 4 point scale
Uses inaccurate terms when answering	Uses either inaccurate, incorrect, or no terms when answering, if answering
Feet together; Elbow by side; Point at the target	Stand to throw; Twist body; Hold the ball
Identifies 4 or less critical elements	Cannot identify critical elements
8. Follow through across the midline of the body with wrist flick or snap with fingers pointing downward.	9. Speed of arm, leg push (shift of weight), & follow through add force to the ball.
Lists one remediation or enrichment activity but not both	Does not or cannot lists any remediation & enrichment activity
Speed	N/A
Remediation or enrichment example may not be stated clearly & may be difficult to differentiate	N/A
Remediation example: use different equipment; Enrichment example: practice accuracy	N/A