

Rubric for Underhand Throwing Pattern

Assessment: 4=Mastery 3=Proficient 2=Developing 1=Needs Improvement

4	3	2	1
<ol style="list-style-type: none"> 1. Faces the target. 2. Backswing with throwing arm. 3. Begin with same foot, same hand. 4. "Rock", step with opposite foot, transferring weight. 5. Follow through with fingers pointing to the target, waist height. 	<ol style="list-style-type: none"> 1. Faces the target. 2. Slight backswing with throwing arm. 3. Begin with same foot, same hand. 4. "Rock", step, and throw, transferring weight most of the time. 5. Follow through with fingers is higher or lower than the target, but in the correct direction. 	<ol style="list-style-type: none"> 1. Slightly turned from the target. 2. Little backswing with throwing arm. 3. Begins with same foot, same hand occasionally. 4. Steps with same foot, picks up back foot, some of the time. 5. Follow through is across body or above head. 	<ol style="list-style-type: none"> 1. Turned from the target. 2. No backswing with throwing arm. 3. Begins with opposite foot, and hand. 4. Steps with same foot, picks up opposite foot, or takes additional steps. 5. No follow through.