**Sample Motor Skill Rubric**

**UNDERHAND THROWING**

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| --- | --- | --- | --- |
| **A** | **B** | **C** | **D** |
| Performs an underhand throw accurately:   * Smooth backswing * Effective weight transfer * Well-timed release | Performs an underhand throw to an intended target:   * Suitable backswing * Some weight transfer * Well-timed release | Performs an underhand throw to an intended target:   * Some backswing * Controlled release | Focuses on target for an intended underhand throw:   * Ineffective movement * Release lacks control |