

Sample Motor Skill Rubric

UNDERHAND THROWING

<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
<p>Performs an underhand throw accurately:</p> <ul style="list-style-type: none">• Smooth backswing• Effective weight transfer• Well-timed release	<p>Performs an underhand throw to an intended target:</p> <ul style="list-style-type: none">• Suitable backswing• Some weight transfer• Well-timed release	<p>Performs an underhand throw to an intended target:</p> <ul style="list-style-type: none">• Some backswing• Controlled release	<p>Focuses on target for an intended underhand throw:</p> <ul style="list-style-type: none">• Ineffective movement• Release lacks control