**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
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