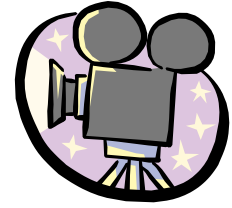


Teacher _____



You be the Star!



“How to” Throw Video

Step #1 - Your assignment

Your film crew must create an instructional video that is no longer than 2 minutes. The video must focus on how to perform an overhand throw. All members of your group must be involved in the process of making the video.

Step #2 - List the names of the people in your film crew

Step #3 - Overhand Throw Critical Elements

Your instructional video must identify 4 critical elements in order to earn a four star rating. Take a moment as a group and list the critical elements that you will need to include.

Step #4 - Come up with your story idea and rehearse

Create your skit for the instructional video, see Ms. Winford to get any equipment you might need, then practice.

Step #5 - Skit review

Find Ms. Winford and perform your instructional video skit for her before going to “Step #6”.



Step #6 - Roll-em!

When you're ready get Ms. Winford and she will direct you to the “movie set” area. It is here that you will videotape your skit.



You be the Star!

Scoring Rubric

4 Star – At least 4 critical elements for an overhand throw are clearly demonstrated and explained in the instructional video.

3 Star – At least 3 critical elements for an overhand throw are clearly demonstrated and explained in the instructional video.

2 Star – At least 2 critical elements for an overhand throw are clearly demonstrated and explained in the instructional video.

1 Star – It is unclear that this is an overhand throw instructional video.