Name/Title: **Overhand Throwing Video Assessment**

Purpose of Event: To see if students can demonstrate their knowledge of the critical elements/skill cues necessary to perform an overhand throw.

Suggested Grade Level: 3-5

Materials Needed: Misc. balls, video camera (optional)

Time Needed to Complete: Approx. 60 minutes (Two 30 minute classes)

Description of Idea

Students will work in groups to create a video that demonstrates their knowledge of how to perform an overhand throw. If a video camera is not available students can create their skit without having it videotaped and perform it for the teacher and/or class.

Click here for the assessment sheet you can print for your students (PDF Document)
You will need Acrobat Reader (download now--it is free) to view.

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.

Submitted by **Nancy Winford** who teaches at Anne Wien Elementary School in Fairbanks, AK. Thanks for contributing to PE Central! **Posted on PEC: 7/26/2005**.

Visit S&S Discount for all your physical education equipment and supplies!