

Students Name: _____

Scorers Name: _____

Athletic Stance Rubric

The athletic stance is useful for many sports and activities. Being able to do it well will help you succeed. The scorer will circle Yes or No for each question. If the scorer circles No for a question please review the athletic stance with the student. Then allow the student a second attempt in the second attempt column.

Attempt	1		2	
Eyes looking forward?	Yes	No	Yes	No
Arms and hands in front of the body and ready?	Yes	No	Yes	No
Knees Bent?	Yes	No	Yes	No
Feet shoulder width apart with weight on the front of the foot? (Have a little bit of daylight under your heels.)	Yes	No	Yes	No
4 Yes answers, Proficient	3 Yes answers, Good		2 Yes answers, Needs Improvement	