

Throwing Frisbee's at Targets Rubric - Created by: Lauren Chilcott

Standard 1- Grade Band: 6-8

Directions: Set up a station where multiple students can throw Frisbee's at targets. (The targets can be made of any equipment you would like.) Place cones/poly-dots on the ground where students should stand when throwing. Create multiple levels of difficulty by changing the distance from the target. If you see a student complete one of the levels place a check mark in the appropriate row and column.

Suggested activities: Targets, backyard, golf, disc golf, ultimate, throwing/catching, Punt, Pass, Kick alternative

| Name | Level 0 | Level 1 | Level 2 | Level 3 | Level 4 |
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| Level 0 | Level 1 | Level 2 | Level 3 | Level 4 |
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| Non participant | Student is facing sideways; arm is extended across most of the body, does not step with the dominant foot, and releases Frisbee at an angle with no wrist flick. | Student is facing forward; arm is extended across most of the body, does not step with the dominant foot, and releases Frisbee at an angle with no wrist flick. | Student is facing forward; arm is bent across body, steps forward with dominant foot, and releases Frisbee level with no flick of the wrist. | Student is facing forward; arm is extended across chest, steps forward with dominant foot, and releases the Frisbee with a flick of the wrist and level. |