

OVERHAND Throwing Rubric

Grade	Criteria	Core	Consistent 4	Developing 3	Emerging 2	Needs Experience 1
K	The student will be able to demonstrate the proper skills of overhand throwing with teacher verbal cues.	Communicate basic throwing skills.	Starts by pointing non-throwing side to target, throwing arm back behind head. Steps with opposite foot toward target consistently. Follows through by letting throwing arm come across opposite side of body.	Starts by pointing non-throwing side to target, throwing arm back behind head. Steps with opposite foot toward target most of the time. Follows through by letting throwing arm come across opposite side of body.	Starts by pointing non-throwing side to target, throwing arm back behind head. No evidence of stepping with opposite foot.	Does not start by pointing non-throwing side to target. No step towards target.
1	The student will be able to demonstrate the proper skills of overhand throwing without teacher verbal cues.	Communicate throwing and catching.	Starts by pointing non-throwing side/shoulder to target with throwing arm back behind head. Steps with opposite foot toward target consistently. Follows through by letting throwing arm come across opposite side of body.	Starts by pointing non-throwing side to target, throwing arm back behind head. Steps with opposite foot toward target most of the time. Follows through by letting throwing arm come across opposite side of body.	Starts by pointing non-throwing side to target, throwing arm back behind head. No evidence of stepping with opposite foot.	Does not start by pointing non-throwing side to target. No step towards target.
2	The student will be able to demonstrate the proper skills of overhand throwing independently.	Throw and catch with limited control (hand-eye coordination).	Starts by pointing non-throwing side/shoulder to target with throwing arm back behind head. Steps with opposite foot toward target consistently. Follows through by letting throwing arm come across opposite side of body.	Starts by pointing non-throwing side to target, throwing arm back behind head. Steps with opposite foot toward target most of the time. Follows through by letting throwing arm come across opposite side of body.	Starts by pointing non-throwing side to target, throwing arm back behind head. No evidence of stepping with opposite foot.	Does not start by pointing non-throwing side to target. No step towards target.

NAME _____

DATE _____

TOTAL SCORE _____

UNDERHAND Throwing Rubric

Grade	Criteria	Core	Consistent 4	Developing 3	Emerging 2	Needs Experience 1
K	The student will be able to demonstrate the proper skills of underhand throwing with teacher verbal cues.	Communicate basic throwing skills.	Starts by facing target.Steps with opposite foot from throwing arm consistently. Arm goes back and swings forward releasing ball.	Starts by facing target.Steps with opposite foot from throwing armmost of the time. Arm goes back and swings forward releasing ball.	Starts by facing target. No evidence of stepping with opposite foot.	Does not start by facing target. No step towards target.
1	The student will be able to demonstrate the proper skills of underhand throwing without teacher verbal cues.	Communicate throwing and catching.	Starts by facing target.Steps with opposite foot from throwing arm consistently. Arm goes back and swings forward releasing ball.	Starts by facing target.Steps with opposite foot from throwing armmost of the time. Arm goes back and swings forward releasing ball.	Starts by facing target. No evidence of stepping with opposite foot.	Does not start by facing target. No step towards target.
2	The student will be able to demonstrate the proper skills of underhand throwing independently.	Throw and catch with limited control (hand-eye coordination).	Starts by facing target.Steps with opposite foot from throwing arm consistently. Arm goes back and swings forward releasing ball.	Starts by facing target.Steps with opposite foot from throwing armmost of the time. Arm goes back and swings forward releasing ball.	Starts by facing target. No evidence of stepping with opposite foot.	Does not start by facing target. No step towards target.

NAME _____

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TOTAL SCORE _____