



## Basketball Shooting 7th Grade Rubric



This rubric will help to grade skill level of students in the basketball shot. To achieve a skill number, students must demonstrate all of the skills in that scoring level. Emphasis is on the process and mechanics of the sports skill and not the end product.

Skill Number	Mechanics and Cues of Skill
<b>1</b>	<p data-bbox="846 695 1062 724">Basic Skill Level</p> <ul data-bbox="545 737 1365 856" style="list-style-type: none"><li>• Student does not stop body and shoots while moving</li><li>• Student has little/no balance and the shot is inaccurate</li><li>• Student shoots with both hands on the side of the ball</li></ul>
<b>2</b>	<p data-bbox="802 936 1105 966">Elementary Skill Level</p> <ul data-bbox="545 978 1352 1098" style="list-style-type: none"><li>• Student does not bend knees or fully use lower body</li><li>• Vision is not focused on target/basket</li><li>• Student shoots with both hands on the side of the ball</li></ul>
<b>3</b>	<p data-bbox="813 1199 1094 1228">Advanced Skill Level</p> <ul data-bbox="545 1241 1341 1402" style="list-style-type: none"><li>• Student's hands are on correct spot on the basketball</li><li>• Student does not bend knees or fully use lower body (causes student to not shoot properly)</li><li>• Student's vision is at the basket while shooting</li></ul>
<b>4</b>	<p data-bbox="818 1545 1089 1575">Exemplar Skill Level</p> <ul data-bbox="545 1587 1349 1707" style="list-style-type: none"><li>• Student bends knees and uses lower body during shot</li><li>• Student's hands are on correct spot on the basketball</li><li>• Student's vision is at the basket while shooting</li></ul>