



Football Catch 7th Grade Rubric



This rubric will help to grade skill level of students in Football Catching mechanics. 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
1	<p style="text-align: center;">Basic Skill Level</p> <ul style="list-style-type: none">• Hands are not extended out in front of the body• Student cushions the ball/traps the ball against their body• Student frequently misses the ball completely
2	<p style="text-align: center;">Elementary Skill Level</p> <ul style="list-style-type: none">• Hands are extended out in front of the body• Student cushions the ball/traps the ball against their body
3	<p style="text-align: center;">Intermediate Skill Level</p> <ul style="list-style-type: none">• Hands are extended out in front of the body• Ball is caught with the hands above or below the waist (thumbs down in ball is above, thumbs out if ball is below)
4	<p style="text-align: center;">Exemplar Skill Level</p> <ul style="list-style-type: none">• Hands are extended out in front of the body• Ball is caught with the hands above or below the waste (thumbs down in ball is above, thumbs out if ball is below)

