



## Football Throw 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
<b>1</b>	<p data-bbox="816 617 1040 646">Basic Skill Level</p> <ul data-bbox="518 663 1344 785" style="list-style-type: none"><li data-bbox="518 663 1344 737">• Student does not have proper grip on the laces of the football</li><li data-bbox="518 747 1344 785">• Student does not take a step or steps with wrong leg</li></ul>
<b>2</b>	<p data-bbox="769 974 1088 1003">Elementary Skill Level</p> <ul data-bbox="518 1020 1354 1272" style="list-style-type: none"><li data-bbox="518 1020 1354 1094">• Student does not have proper grip on the laces of the football</li><li data-bbox="518 1104 1354 1178">• Student takes a small step with their opposite leg or steps with wrong leg</li><li data-bbox="518 1188 1354 1272">• Student does not use proper arm mechanics and does not throw a spiral</li></ul>
<b>3</b>	<p data-bbox="758 1373 1099 1402">Intermediate Skill Level</p> <ul data-bbox="518 1419 1308 1587" style="list-style-type: none"><li data-bbox="518 1419 1308 1457">• Student has proper grip on the laces of the football</li><li data-bbox="518 1467 1308 1505">• Student takes a step with their opposite leg</li><li data-bbox="518 1516 1308 1587">• Student uses proper arm mechanics and throws a spiral</li></ul>
<b>4</b>	<p data-bbox="786 1646 1071 1675">Exemplar Skill Level</p> <ul data-bbox="518 1692 1377 1860" style="list-style-type: none"><li data-bbox="518 1692 1377 1730">• Student has proper grip on the laces of the football</li><li data-bbox="518 1740 1377 1778">• Student takes a step with their opposite leg</li><li data-bbox="518 1789 1377 1827">• Student uses proper arm mechanics and throws a spiral</li><li data-bbox="518 1837 1377 1860">• Student can throw accurately to their target</li></ul>