

Football Throw Team Sports 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 during a game situation.

Skill Number	Mechanics and Cues of Skill
1	<p data-bbox="816 615 1040 646">Basic Skill Level</p> <ul data-bbox="518 659 1333 789" style="list-style-type: none">• Student does not have proper grip on the laces of the football• Student does not take a step or steps with wrong leg• Student does not use proper arm mechanics and does not throw a spiral• Student can throw accurately to their target
2	<p data-bbox="769 972 1088 1003">Elementary Skill Level</p> <ul data-bbox="518 1016 1354 1188" style="list-style-type: none">• Student does not have proper grip on the laces of the football• Student takes a small step with their opposite leg or steps with wrong leg• Student does not use proper arm mechanics• Student throws a spiral• Student can throw accurately to their target
3	<p data-bbox="758 1371 1099 1402">Intermediate Skill Level</p> <ul data-bbox="518 1415 1164 1570" style="list-style-type: none">• Student has proper grip on the laces of the football• Student takes a step with their opposite leg• Student uses proper arm mechanics and throws a spiral• Student can throw accurately to their target• Student can hit a moving target
4	<p data-bbox="781 1623 1068 1654">Exemplar Skill Level</p> <ul data-bbox="518 1667 1153 1887" style="list-style-type: none">• Student has proper grip on the laces of the football• Student takes a step with their opposite leg• Student uses proper arm mechanics and throws a spiral• Student can throw accurately to their target• Student can hit a moving target• Student can hit a moving target while they are moving• Student can throw across their body while moving