How to: Sport Skill Video

**Why:** To apply and demonstrate an understanding of proper technique for fundamental skills

**What to do:**

1. In partners, chose a specific skill necessary to be successful in this unit’s sport.

(example: throwing-softball, passing-soccer, shooting-basketball)

1. Create a minimum 2 minute tutorial video on how to successfully perform your chosen skill. The video must include:
   1. Visual execution of the skill
   2. Instructions or cues (written or verbal) on how to execute the skill
   3. Tips on how to correct common performance errors
2. Submit video or provide link to TEAMS assignment

**Examples**:

<https://www.youtube.com/watch?v=ZOxkLcX_PRE&feature=youtu.be>

<https://www.youtube.com/watch?v=kQfXgIAcl0M&feature=emb_logo>

<https://www.youtube.com/watch?v=TnsMrcQ0H-M&feature=emb_logo>

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| --- | --- | --- | --- | --- | --- |
| RUBRIC | 5 Exceeding | 3 Meeting | 1 Incomplete | 0 | Total |
| Visual | Clearly demonstrates technique execution | Adequately demonstrates technique execution | Unable to demonstrate technique execution | Did not submit |  |
| Instruction | Included all cues on how to successfully execute skill | Missing 1 cue on how to successfully execute skill | Missing >1 cue on how to successfully execute skill | Did not submit |  |
| Error  Correction | Provides >2 performance error correction tips | Provides 2 performance error correction tips | Provides <2 performance error correction tips | Did not submit |  |
| Video | +2 minutes | 2-1 minute | <1 minute | Did not submit |  |
| Self  Reflection | Completed Self Reflection | X | X | Did not submit |  |
|  |  |  |  |  | /20 |