Name:	Date:
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## **Throwing Rubric**

	Excelling	Proficient	Developing
Body	Body is side on	Body is side on	Body faces the target
Arms	Opposite arm is raised and pointing at a target in the preparation phase	Arm comes back and swings forward however the action comes above the shoulder	Very little arm swing back
Legs	Steps with leg on the non-throwing side	Tendency to step forward with the foot on the throwing side	
Follow Through	Obvious follow through across the body in the direction of a target		Follow through is a downward action
Rotation	Whole body (not just the hips and shoulder) rotates during the throw	Whole body (not just the hips and shoulder) rotates during the throw	Very little rotation in the hips and shoulders
Transfer of Weight	Weight is successfully transferred from back leg to stepping leg	Weight transfer during the throw is evident	Poor transfer of weight during the throw

Name:	Date:

## **Throwing Rubric**

	Excelling	Proficient	Developing
Body	Body is side on	Body is side on	Body faces the target
	Opposite arm is raised	Arm comes back and	Very little arm swing
Arms	and pointing at a target	swings forward however	back
	in the preparation phase	the action comes above	
		the shoulder	
	Steps with leg on the	Tendency to step	
Legs	non-throwing side	forward with the foot on	
		the throwing side	
	Obvious follow through		Follow through is a
Follow Through	across the body in the		downward action
	direction of a target		
	Whole body (not just the	Whole body (not just the	Very little rotation in the
Rotation	hips and shoulder)	hips and shoulder)	hips and shoulders
	rotates during the throw	rotates during the throw	
	Weight is successfully	Weight transfer during	Poor transfer of weight
Transfer of Weight	transferred from back	the throw is evident	during the throw
	leg to stepping leg		