

Name: _____

Date: _____

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

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