

PHED 1223

Fundamental Movement Movement Skills Rubric

Preparation	Level One	Level Two	Level Three	Level Four
Lead-up levers are angled And aligned to produce optimal performance	Rarely performs the required movements	Sometimes performs the required movements	Usually performs the required movements	Always performs the required movements
Force Production				
All of the appropriate joints are engaged to produce a sequential summation of forces	Rarely engages all required body parts	Sometimes engages all required body parts	Usually engages all required body parts	Always engages all required body parts
Critical Instant				
The weight shift is timed to ensure the center of gravity is in the optimal position to generate maximal force	Generated maximal force with limited competence	Generated maximal force with moderate competence	Generated maximal force with considerable competence	Generated maximal force with a high degree of competence
Follow-through And Recovery				
The force arc is complete and a deceleration of forces allows for a stable recovery	Performs movements with a limited competence	Performs movements with a moderate competence	Performs movements with considerable competence	Performs movements with a high degree of competence