

Movement Skills Rubric

Throws				
Use of all joints in order for greatest force	Performs movement skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
Critical Instant has velocity, applied force and direction	Rarely performs with competence	Sometimes performs with competence	Usually performs with competence	Always performs with competence
Follow through – transfer of weight and stable recovery	Performs movement skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
Jumps				
Use of all joints for greatest force – knee and arm drive	Performs movement skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
Critical Instant has applied force and direction	Rarely performs with competence	Sometimes performs with competence	Usually performs with competence	Always performs with competence
Flight – chest and hips achieve optimal position	Rarely performs with competence	Sometimes performs with competence	Usually performs with competence	Always performs with competence
Running and Hurdling				
Front-side Mechanics - Levers are positioned, lined up for efficiency	Performs mov't skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
Backside Mechanics – short levers	Performs mov't skills with limited competence	Performs movement skills with moderate competence	Performs mov't skills with considerable competence	Performs mov't skills with a high degree of competence
Critical Instant has applied force and direction	Rarely performs with competence	Sometimes performs with competence	Usually performs with competence	Always performs with competence