**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Performance indicator:** Learning and demonstrating the skill of throwing so you’re able to apply this later in a practice or game setting.

**Assessment Task:** Using the overhand throw to hit a taped area on a wall 3 out of 5 times.

**Criteria for Competence (Level 3):**
1. Throws a ball with selected essential elements:
   a) throwing elbow shoulder high, hand back, and side orientation in preparation for throw
   b) trunk rotation with elbow lagging behind hip
   c) weight transfer to non-throwing forward foot
2. Hits target area on wall

**Assessment Rubric:**

<table>
<thead>
<tr>
<th>Level</th>
<th>Form</th>
<th>Accuracy to Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Displays all the selected essential elements with fluid</td>
<td>Hits target area on wall with force</td>
</tr>
<tr>
<td>3</td>
<td>Throws with selected essential elements: a) throwing elbow shoulder high, hand back, and side orientation in preparation for the throw b) trunk rotation with elbow lagging behind hip c) weight transfer to non-throwing forward foot</td>
<td>Hits target area on wall</td>
</tr>
<tr>
<td>2</td>
<td>Throws with 2 of 3 essential elements</td>
<td>Hits wall but not target area</td>
</tr>
<tr>
<td>1</td>
<td>Throws with 1 or no essential elements</td>
<td>Ball fails to reach the wall</td>
</tr>
<tr>
<td>0</td>
<td>Violates safety procedures and/or does not complete the assessment task</td>
<td></td>
</tr>
</tbody>
</table>
Assessment Protocols:

Directions for Students (Read aloud to students):

- Today I’m going to look at your overhand throw.
- You will be assessed on:
  - Having a side orientation
  - A good arm position
  - Good trunk rotation
  - A step to your non-throwing forward foot
  - Whether you hit the target
- Stand behind the throwing line
- You will be allowed 5 throws

Directions for teachers:

Preperation:

- Have target taped out on wall before class
- Have distance measured and taped before class
- Clearly show students where they are aiming for

Safety:

- Allow distance between students
- Make sure that the part of gymnasium you are using isn’t occupied
- Be sure no student is in the way when they begin throwing

Equipment/Material

- Tennis balls
- Duct tape

Diagram of Space/Distance:

```
X       ---- 25 feet ---- X
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*first x = student
*second x = wall