

APPENDIX B

Rubrics for Locomotor and Manipulative Skills

When creating rubrics for use in your classes, please consider the following:

1. It is best for rubrics to have an even number of levels to keep the person assessing from choosing the middle level. For instance, in a four-level rubric, level three would be the expected level for all students. Levels one and two would be below expectations and level four would identify those who performed above expectations.
2. The level titles at the top of the rubric may be represented in a variety of fashions. Some rubrics merely use numerals, such as 1, 2, 3, 4. Some use the letters A, B, C, D. Or, as can be seen in these samples,

one could use beginner, beginner plus, intermediate, and advanced (to correspond to the Stages of Performance outlined in Chapter 2). This text provided a variety of creative titles that may serve as motivators for some learners. Teachers are encouraged to use the titles most appropriate for the students in their classroom.

3. The descriptors that specifically identify differences in the levels should use student-friendly words that are identical to the cues used to teach the skills.
4. “Short and simple” best describe quality rubrics.

We have developed the following rubrics for use by classroom teachers and physical educators.

Walk Rubric

Student Name: _____

	BEGINNER	BEGINNER PLUS	INTERMEDIATE	ADVANCED
Trunk lean	Minimal to exaggerated	Slightly forward or backward	Leans slightly forward	Leans slightly forward in a relaxed fashion
Arm swing	Minimal to erratic	Hooking action across body	Rhythmical forward and backward	Purposeful, yet relaxed and rhythmic
Foot placement	Wide base of support	Slightly wider than necessary, toe in or toe out	Roll from heel to ball of foot, toe points straight ahead	Consistent roll from heel to ball in good alignment
Knee bend	Very little	Bend with effort	Bends freely	Relaxed
Head placement	Focused all around	Looks up or down	Looks forward	Looks forward

Run Rubric

Student Name: _____

	MIDDLE SCHOOL CHAMP	HIGH SCHOOL CHAMP	COLLEGE CHAMP	OLYMPIAN
Trunk lean	No lean	Limited lean	Leans forward slightly	Relaxed forward slightly
Arm swing	No swing to exaggerated swing	Hooking action across body	Bent arm, moving forward/backward	Powerful swing, moving forward and backward
Knee and thigh lift	Limited	45 degrees to ground	Parallel to ground	Parallel to ground
Head/eye placement	Watching all around	Looks up or down	Looks forward	Looks forward
Stride	Mini steps, wide stance	Medium-sized step	Big step	Consistent, rhythmic, big steps

Gallop and Slide Rubric

Student Name: _____

	MIDGET	ROOKIE	SEMIPRO	PRO
Trail leg	Way behind or swing in front before touching ground	Sometimes behind lead foot, sometimes beside	Stays behind lead foot	Always behind lead foot with good balance
Flight	Unpredictable, very low to very high	Medium to high	Low	Efficiently low
Rhythm	Uneven	Sometimes uneven, sometimes even	Smooth and even	Extremely rhythmic and controlled

Jump Rubric

Student Name: _____

	SCHOOL CHAMP	LEAGUE CHAMP	STATE CHAMP	NATIONAL CHAMP
Arm swing	No arm swing	Limited arm swing	Backward then upward	Very powerful backward and upward
Knee bend	No knee bend or exaggerated knee bend	Slight knee bend	45 degree	45 degree
Arm extension	No arm extension	Limited arm extension	Hands reach above head	Hands, arms, trunk reach to full extension

Hop Rubric

Student Name: _____

	STILL LEARNING	IMPROVING	GOOD	SUPERB
Body lean	None	Slight	Adequate	Relaxed
Arm swing	None	Slight	Adequate	Powerful
Nonsupport leg	Frequently touches the ground	Extremely low or extremely high	Parallel to ground	Parallel and powerful lift

Skip Rubric

Student Name: _____

	JOEY	WALLABY	KANGA	BIG RED
Arm swing	None	Not in opposition to legs	In opposition to legs	Opposition to legs with power swing
Knees	Very little lift	Slight lift	Good lift	Powerful lift
Step hop	None	Not balanced	Balanced	Balanced with great rhythm

Leap Rubric

Student Name: _____

	1	2	3	4
Trunk lean	None	Slight to exaggerated	Adequate forward	Forward and relaxed
Arm extension	No extension	Extension to same leg	Extension to opposite leg	Extension with power to opposite leg
Leg extension	No extension	Slight extension	Adequate extension	Extension with power

Roll a Ball Rubric

Student Name: _____

	BUNNY	LOP-EARED BUNNY	RABBIT	HARE
Arm swing	None	Minimal and often aligned with same leg	Adequate with opposition to legs	With purpose and with opposition to legs
Legs	No involvement	Step with same leg as arm	Step forward in opposition to arm	Step forward in opposition and good knee bend
Follow through	None	Minimal	Adequate	In straight alignment in direction intended

Overhand Throw Rubric

Student Name: _____

	LITTLE LEAGUE CHAMP	COLLEGE CHAMP	DIVISION CHAMP	WORLD SERIES CHAMP
Stand sideways	Faces target directly	Stands partially toward target and partially sideways	Regularly stands sideways	Always stands sideways in a good straddle position
Eyes on target	Never watches target	Begins watching target, when throwing does not watch target	Regularly watches target	Always watches target and ready for next move
Rotate hips and shoulders	Never rotates hips and shoulders	Rotates hips and shoulders a little	Rotates hips and shoulders	Always rotates hips and shoulders and generates exceptional power
Step with opposition	Never steps at all	Steps with same foot as throwing arm	Steps with opposition to throwing hand	Always steps with powerful opposition
Follow through to opposite hip	No follow through	Follow through to same hip as throwing arm	Follow through to opposite hip	Exceptional, powerful follow-through to opposite hip

Catch Rubric

Student Name: _____

	LITTLE LEAGUE	AMERICAN LEGION	COLLEGE WORLD SERIES	WORLD SERIES
Eyes on object	Never watches object	Sometimes watches object	Always watches object	Always watches object and always looks for next play
Catch with hands	Catches using straight arms	Traps against chest	Catches using hands	Always catches with hands and is ready for the next play
Bend arms as they contact object	Straight arms bent toward chest	Arms bend sometimes	Always bends arms to absorb force	Bends arms to absorb force and gets ready to throw again if necessary

Kick Rubric

Student Name: _____

	CITY CHAMP	NATIONAL CHAMP	OLYMPIC CHAMP	WORLD CUP CHAMP
Watch the ball	Never watches the ball	Watches ball prior to leg swing, does not watch ball when ball is contacted	Watches the ball when the ball is contacted	Watches ball closely and concentrates on what part of ball the foot contacts
Kick with shoelaces	Kicks with toe	Kicks with toe or with laces	Kicks with laces	Always kicks with laces and directs ball with control
Bend kicking leg	Kicking leg is straight	Leg is bent a little	Good bend of kicking leg	Exceptional bend in leg
Step-hop with kicking leg	Kick is merely a push, no step	Lands on kicking leg after the kick	Step forward with nonkicking leg and then hop onto nonkicking leg after kick	Rhythmic step-hop action with high follow through

Strike Rubric

Student Name: _____

	ON THE BENCH	SUB	STARTER	PRO
Rotate trunk/hips	No trunk or hip rotation	Limited trunk/hip rotation	Adequate trunk/hip rotation	Aggressive trunk/hip rotation
Swing level	Vertical swing	Diagonal swing	Level swing	Swing adjusts well to control placement
Sideways step toward target	No stepping motion	Step with leg furthest from pitcher	Step sideways with foot toward pitcher	Step sideways to adjust placement of ball
Watch the ball	Watches the pitcher, not the ball	Minimal focus on the ball	Adequate focus on ball	Watches bat contact ball

Volley Rubric

Student Name: _____

	BEGINNING PLAYER	HIGH SCHOOL STAR	COLLEGIATE PLAYER	OLYMPIAN
Eyes focused on ball	Eyes do not focus on ball	Does not watch ball with every contact	Regularly watches ball as it is contacted	Watches ball during contact and continues watching it after contact
Fingertips or forearms consistently contact ball	Fingertips never contact ball, sometimes ball contacts forearms between wrist and elbow	Fingertips and forearms hit ball in clumsy manner	Fingertips and forearms regularly contact ball with soft touch	Fingertips and forearms always consistently contact ball with exceptional touch
Legs bent before contact	Legs kept extended, no bend	Limited leg bend	Legs bent in adequate fashion	Player moves around the floor with legs consistently bent
Legs extend during contact	Legs always straight, therefore not able to extend	Very limited extension	Good leg extension at time of contact	Legs always extend fully during contact in correct, timely manner to impart good power

Dribble Using Hands Rubric

Student Name: _____

	MIDGET	ROOKIE	SEMIPRO	PRO
Eyes focused ahead	Eyes not focused on anything	Eyes always looking on the ball	Eyes sometimes on the ball and sometimes looking ahead	Eyes always looking around and ahead
Pushing action controlled from finger pads	Out of control slapping action	Uses both palm of hand and finger pads	Most of the time uses finger pads to control the ball	Always uses finger pads to control the ball
Ball is bounced waist high	Unpredictable ball bounce	Sometimes too high and sometimes too low	Most of the time ball is waist high	Ball is always waist high or at adjusted height as needed

Dribble Using Feet Rubric

Student Name: _____

	CITY CHAMP	NATIONAL CHAMP	OLYMPIC CHAMP	WORLD CUP CHAMP
Eyes focused ahead	Eyes rarely focused on anything	Usually focuses on ball	Eyes focus ahead	Eyes focus ahead and look for good plays
Inside and outside of foot used to control ball	Uses toes	Uses toes, and sides of foot	Uses both inside and outside of foot to control	Expert ball control using appropriate side of foot
Ball kept within two feet of body	Ball is far from body	Sometimes ball close and sometimes far from body	Ball regularly kept close to feet	Ball is always very close to feet

Punt Rubric

Student Name: _____

	ROOKIE CHAMP	DIVISION CHAMP	LEAGUE CHAMP	SUPER BOWL CHAMP
Trunk lean	None	Very little or too much backward lean	Lean back slightly at contact	Lean back slightly at contact in relaxed mode
Ball drop	Push ball downward too far or too close from foot	Toss ball too high or too close or far from foot	Toss ball to correct height most of the time with good alignment to foot	Consistently tosses ball to correct height with excellent alignment to foot
Ball contact	Rarely contacts ball with any part of foot	Contacts ball with foot on toe or area other than instep	Contacts with instep at knee level or lower	Consistently contacts with instep at knee level or lower and has good accuracy when aiming at target
Hop	No hop on nonkicking foot	Hops on kicking foot	Hops on nonkicking foot after contact with ball	Hops on nonkicking foot and maintains excellent balance

Set Shot Rubric

Student Name: _____

	NEBRASKA	OKLAHOMA	TEXAS	KANSAS
Trunk lean	No lean	Too much forward or backward lean	Slight forward lean	Slight forward lean in relaxed position
Fingers	Fingers not touching ball	Fingers close together	Fingers spread out on ball	Fingers in relaxed position on ball
Hand placement	Both hands under the ball	Each hand on side of ball	Shooting hand behind ball and other hand on side of ball	Correct hand position with relaxed follow-through after the shot
Legs	No leg flexion to extreme leg flexion	Minimal leg flexion and extension	Good leg flexion and extension	Consistently uses correct amount of leg flexion and extension

Overhand Serve Rubric

Student Name: _____

	STATE	USTA	U.S. OPEN	WIMBLEDON
Trunk lean	No lean	Little forward or backward lean	Leans forward as contacts ball	Leans forward as contacts ball in relaxed fashion
Ball toss	No control	Tosses ball too high, too low, and not in correct placement in front of body	Tosses ball slightly in front of body and at arm's length above head	Consistently tosses ball with correct height and correct distance in front of body
Ball contact	Rarely able to contact the ball	Contacts the ball at head height or lower	Contacts ball with hitting arm extended above head	Contacts ball with hitting arm extended above head, hand centered behind the ball and with heel of hand
Step	No forward step	Step forward with same foot as hitting arm	Step forward in opposition to hitting arm	Step forward powerfully in opposition to hitting arm

Ball Pass Rubric

Student Name: _____

	HUSKERS	SOONERS	LONGHORNS	JAYHAWKS
Trunk lean	No trunk lean	Minimal to exaggerated trunk lean	Slight forward lean	Powerful forward lean
Finger placement	Fingers on bottom and/or top of ball	Fingers directly behind ball	Fingers on side of ball and slightly behind the ball	Fingers in relaxed correct position on ball
Step	No step	Minimal step forward	Full-stride step forward	Step forward in direction of throw
Arms—overhead and chest	Arms have little to no extension	Arms partially extended after ball is released	Arms extended toward target after releasing ball	Arms fully extended with added wrist action
Arms—bounce	Arms have little to no extension	Arms partially extended, but ball is bounced halfway between self and target	Arms extended toward floor, aiming ball three-fourths distance between self and target	Arms fully extended with accurate ball placement and added wrist action

