

Physical Education Rubrics

UNDERARM THROW ASSESSMENT				
Name: _____				
A	B	C	D	E
Performs an underarm throw accurately, with a smooth back swing from shoulder, with effective weight transfer forward and a well timed release.	Performs an underarm throw to an intended target, with suitable backswing from the shoulder, some weight transfer forward and a well timed release.	Performs an underarm throw to an intended target, with some backswing and a controlled release, over a short distance.	Focuses on the target when performing an underarm throw but uses an ineffective motion and ill-timed release that lacks control.	Does not meet the requirement of a D grade.
Comments: _____				
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All Fundamental Movement Skills are listed and able to be assessed in a simple and easy to use package

Assess ANY activity or game for any year level

	A - Superior (5)	B - Very Good (4)	C - Satisfactory (3)	D - Below Average (2)	E - Poor (1)
Fundamental Movement Skills - Locomotor	Consistently demonstrates accurate and body control when performing locomotor skills in individual activities and in game situations.	Demonstrates balance and body control when performing locomotor skills in individual activities and in game situations.	Demonstrates balance and body control when performing locomotor skills in individual activities and in game situations.	Usually demonstrates balance and some body control when performing locomotor skills in individual activities.	Does not meet the requirements of a D grade.
Fundamental Movement Skills - Object Control (Striking/Throwing)	Performs striking/throwing skills with control and accuracy in individual activities and in game situations.	Performs striking/throwing skills with control and accuracy in individual activities and in game situations.	Performs striking/throwing skills with control and accuracy in individual activities and in game situations.	Usually performs striking/throwing skills with some control and accuracy in individual activities.	Does not meet the requirements of a D grade.
Fundamental Movement Skills - Object Control (Curling)	Consistently catches from short or medium distances, body and arms up to the waist, in game situations.	Consistently catches from short or medium distances, body and arms up to the waist, in game situations.	Usually catches from short or medium distances with accuracy in game situations.	Usually catches from short distances with accuracy in game situations. Often fumbles catches in game situations.	Does not meet the requirements of a D grade.
Fundamental Movement Skills - Object Control - Throwing	Performs over short distances with control and accuracy in individual activities and in game situations.	Usually throws, in game situations, over short distances with control and accuracy in game situations.	Throws accurately over short distances with accuracy in game situations.	Throws over short distances with accuracy in game situations.	Does not meet the requirements of a D grade.

• pre-K to Year 6

- Customisable and editable
- The ability to assess 100+ Games - Digital and Non-Digital

Physical Education Elementary Rubrics

Jicheng Xie



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