**Overhand Throwing Rubric**

**K & 1st**

100Points: Throws with dominant hand.

Steps with opposite foot.

Bends arm and brings the ball by the ear.

Releases ball at proper time in throwing motion

Follows through.

Hits the archery target with all 3 balls from a distance of 5 steps

95 Points : Throws with dominant hand.

Steps with opposite foot.

Bends arm and brings ball by the ear.

Releases the ball at the proper time.

Follows through.

Hits the target with 1 or 2 of the 3 tennis balls.

90 Points: Throws with dominant hand.

Steps with the opposite foot.

Bends arm and brings ball by the ear.

Releases the ball at the proper time.

Follows through.

Misses the target with all 3 tennis balls.

80 Points: Does 1 of the wrong techniques while throwing.

Steps with same foot, not the opposite foot.

Releases the ball from the side or underhand.

Throwing arm is straight, no bend at the elbow.

Hits the target with 1 or 2 of the 3 tennis balls.

70 Points: Does 2 of the wrong techniques while throwing.

Steps with same foot, not the opposite foot.

Releases the ball from the side or underhand.

Throwing arm is straight, no bend at the elbow.

Hits the target with 1 or 2 of the 3 tennis balls.

60 Points: Does 3 of the wrong techniques while throwing.

Steps with same foot, not the opposite foot.

Releases the ball from the side or underhand.

Throwing arm is straight, no bend at the elbow.

Cannot hit the target with the tennis balls.