

The Athletic Rubric

Instructions: Rubrics are utilized to measure whether a certain task was achieved. To earn the score on the left an athlete must accomplish all or most of the items written in the description. For this activity, start by describing the athletic skill. Be specific. Then, describe what a "4" looks and feels like (without being perfect)? Include specifics, such as "feet here, hands must do this, mind focused on". You can use bullet points or in paragraph form. Next, describe what a "1" looks and feels like. The specifics should not be an absolute "Zero", but it should describe everything/most of what the activity failed to accomplish. Last, complete "3" (knowing it is one step below a "4") and "2"(knowing it is one step above a "1"). For these levels use words like "almost", "lacking", "absent of", and "needs increased attention to". You now have the power and the tool to grade yourself through your described activity.

Athletic Skill: _____

4	
3	
2	
1	