Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**- Pretest** Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PM #1 - Mechanics and Cues of Skill Rubric**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | E (4 points) | M (3 points) | N (2, 1 or 0 points) |   |
| Trial 1 |  |  |  |  |
| Trial 2 |  |  |  |  |
| Trial 3 |  |  |  |  |
| Trial 4 |  |  |  |  |
|  |  |  |  | **Grand Total**16 points max |
| Column Totals |  |  |  |  |

Critical Cues Rubric Scoring

- Stand sideways E = Exceeds Expectations 14-16 90-100%

- Step opposite foot/arm back M = Meets Expectations 11-13 70-89%

- Rotate hips/release ball N = Not Meeting Expectations 10 and below 69% and below

- Follow through

**- Posttest** Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PM #1 - Mechanics and Cues of Skill Rubric**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | E (4 points) | M (3 points) | N (2, 1 or 0 points) |   |
| Trial 1 |  |  |  |  |
| Trial 2 |  |  |  |  |
| Trial 3 |  |  |  |  |
| Trial 4 |  |  |  |  |
|  |  |  |  | **Grand Total**16 points max |
| Column Totals |  |  |  |  |

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