Student Growth Recording Sheet

**PERFORM-OVERHAND THROW**

**0-Critical Element Not Met 1-Critical Element Met 5+ Student Exceeds Level 5**

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| Critical Elements | Students uses an overhand throw pattern | 1.)Hip & Spine rotate as throwing action begins resulting in side to target. | 2.)Arm back and extended with elbow at shoulder height or slightly below. | 3.)Steps with opposition as throwing arm moves forward. | 4.)Elbow leads forward. | 5.)Follow through toward target and across body. | Number of Critical Elements Met. | Overall Score | Level of Growth |
| **Students** | **Pre/Post** | **Pre/Post** | **Pre/Post** | **Pre/Post** | **Pre/Post** | **Pre/Post** | **Pre/Post** | **Pre/Post** | **Growth** |
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