Student Growth Recording Sheet

PERFORM-UNDERHAND THROW

0-No evidence of Critical Element 1-Evidence of Critical Element 5+ Student Exceeds Level 5

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| Critical Elements | Number of underhand throws that travel the required 15 feet in the air | 1.)Face the target in preparation for the throwing action | 2.)Arm back past the hip to start the throwing action | 3.)Step with opposition at the same the throwing arm moves forward | 4.)Follow through toward intended direction of travel | Overall Score | Level of Growth |
| Students | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Growth |
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