

T-Position



Step Description:

Demonstrate the correct T position when throwing a tennis ball overhand at least 20 feet, starting from a side orientation. See Teaching/Learning Progression for complete step objective description.

Assessment Rubric

- Observe students on these criteria during the practice portion of a lesson or in the reinforcing activities.
- Use the recording sheet on the reverse side to document each student's results on each element.
- Total the number of correctly performed elements and use the appropriate rubric below to determine each student's score.

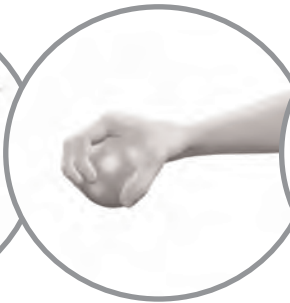
ELEMENTS

CUES

T Position



Hand on Top



Twist Tummy



Tickle Knee



Performance



CRITERIA

- Sideways to target
- Arms out to sides

- Hand on top of ball

- Rotates toward target

- Follows through

- Ball travels 20 feet in air

SCORING*

4-point Rubric Scoring

Elements Mastered	Score
0/4 or 1/4	= 1
2/4	= 2
3/4	= 3
4/4	= 4

5-point Rubric (with Performance) Scoring

Elements Mastered	Score
0/5 or 1/5	= 1
2/5	= 2
3/5	= 3
4/5	= 4
5/5	= 5

*Your school district may require either a four-point or five-point rubric score. A scoring option for each is provided above.

