**D’Arcy McGee High School Physical Education Grade 11: Ultimate Frisbee Skills Rubric**

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| **The Intermediate Backhand Pass** | **1** | **2** | **3** | **4** |
| Spin | Disc has no spin. | Disc spins but the flight is wobbly and does not reach target. | Disc spins so that the flight is moderately smooth and reaches the target. | Disc spins so that the flight is smooth, the graphic is blurred and it reaches the target. |
| Wind-up and follow through | Student does not wind up or does not follow through. | Student winds up and follows through (extends elbow) in different planes. | Student winds up and follows through (extends elbow), but it is not a horizontal plane. | Student winds up and follows through (extends elbow) on the same horizontal plane. |
| Angle of Flight | Student demonstrates control over the disc’s flight path for 1 out of 4 throws. | Student demonstrates control over the disc’s flight path for 2 out of 4 throws. | Student demonstrates control over the disc’s flight path for 3 out of 4 throws. | Student demonstrates control over the disc’s flight path for 4 out of 4 throws. |
| **The Intermediate Forehand Pass** | **1** | **2** | **3** | **4** |
| Angle or release | Student demonstrates control over the disc’s flight path for 1 out of 4 throws. | Student demonstrates control over the disc’s flight path for 2 out of 4 throws. | Student demonstrates control over the disc’s flight path for 3 out of 4 throws. | Student demonstrates control over the disc’s flight path for 4 out of 4 throws. |
| Release point | Student can release the disc only at waist-level.  | Student can release the disc at waist level and above the waist. | Student can release the disc at waist level and below the waist. | Student can release the disc at waist level, above the waist, and below the waist. |
| Spin | Disc has no spin. | Disc spins but the flight is wobbly and does not reach the target | Disc spins so the flight is moderately smooth and reaches the target. | Disc spins so that flight is smooth, the graphic is blurred and it reaches the target. |
| **The Hammer Throw** | **1** | **2** | **3** | **4** |
| Step/Extension | Student does not step with same foot as the throwing hand. | Student does not step with either foot.. | Student steps with same foot as the throwing hand but does not transfer weight to the front foot. | Student steps with same foot as the throwing hand, transferring weight to the front foot.  |
| Release | Student releases the disc in front of and below the head. | Student release the disc in front of the head. | Student release the disc above the head. | Student releases the disc helping and above the head. |
| Path | Disc travels right-side up. | Disc travels vertically. | Disc travels from non-throwing side to throwing side but reaches the target before it flattens out. | Disc travels from non- throwing side to throwing side and then flattens out upside down. |
| Spin | Disc has no spin. | Disc spins but the flight is wobbly and does not reach the target. | Disc spins so that the flight is moderately smooth and reaches the target. | Disc spins so that the flight is smooth, the graphic is blurred, and it reaches the target. |

**Grade 11: Ultimate Frisbee Skills Rubric Continued**

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| **Game Play** | **1** | **2** | **3** | **4** |
| Athletic Position | Student demonstrates none of the following: chest out, hips back, knees bent. | Student demonstrates one of the following: chest out, hips back, knees bent. | Student demonstrates two of the following: chest out, hips back, knees bent. | Student demonstrates three of the following: chest out, hips back, knees bent. |
| Finding Open Space | Student never attempts to cut to get open. | Student attempts to make a cut to get open. | Student makes a strong cut to get the disc in open space. | Student makes a strong cut to get into open space and loses his/her marker. |
| Arms Extended | Arms are not extended. | Arms are extended but hands are not low. | Arms are extended both above the head and below the chest and knees.  | Arms are extended both above the head and below the chest and knees. Student calls out the “stall count”. |
| Force  | Student does not pick up a player to mark. | Student choses a player to mark but stand directly in front of the thrower. | Student chooses a player to mark, shuffles feet and places hands in the air but stands directly in front of player. | Student chooses a player to mark, shuffles feet, places hands in the air, calls out the “stall count” and positions himself/herself to one side of the player to force a pass.  |
| **The Stack** | **1** | **2** | **3** | **4** |
| Positioning | The student never lines up in position. | The student rarely lines up in the stack according to position. | The student usually lines up in the stack according to position. | The student lines up in the stack according to position. |
| Cutting | The student never attempts to cut. | The student attempts to make a cut. | The student makes a strong cut to get the disc but does not return to the stack. | The student makes a strong cut to get the disc, returning to the disc. |