**D’Arcy McGee High School Physical Education Grade 9: Ultimate Frisbee Skills Rubric**

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| **The Pancake Catch** | **1** | **2** | **3** | **4** |
| Hand Placement | Student does not catch the disc. | Student catches disc with method other than pancake. | Student uses body to “trap” the disc. | Student uses two open hands to “pancake” the disc. |
| Timing | Student does not catch the disc. | Student uses just one hand. | Student “pancakes” with forearms or catches with just fingertips. | Student “pancakes” so that both palms are in contact with the disc. |
| **The Backhand Pass** | **1** | **2** | **3** | **4** |
| Grip | Student does not place thumb on top of disc. | Student places thumb on top and curls fingers under the disc, but fewer than three finger tips touch the inside rim of the disc. | Student places thumb on top, index finger along the disc and folds three remaining fingers under the disc so that the remaining finger make contact with the disc. | Student places his/her thumb on top of the disc, and folds all four fingers under the disc so that fingertips touch the inside rim. |
| Step | Student does not step with same foot as throwing hand. | Student steps with the same foot as the throwing hand but does not transfer weight into the front foot. | Student steps with same foot as throwing hand. Weight is transferred to the front foot but student does not extend reach past an imaginary defender. | Student steps with same foot as throwing hand, transferring weight to the front foot and extending their reach beyond that of the imaginary defender. |
| 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 Forehand Pass** | **1** | **2** | **3** | **4** |
| Grip | Student does one or none of the following: places thumb on top, index finger underneath, middle finger on the inside of the rim, ring and pinky finger on the outside of the rim. | Student does two of the following: : places thumb on top, index finger underneath, middle finger on the inside of the rim, ring and pinky finger on the outside of the rim. | Student does three of the following: places thumb on top, index finger underneath, middle finger on the inside of the rim, ring and pinky finger on the outside of the rim. | Student does all four of the following: places thumb on top, index finger underneath, middle finger on the inside of the rim, ring and pinky finger on the outside of the rim.  |
| Step | Does not step with same foot as throwing hand. | Student steps with the same foot as the throwing hand but does not transfer weight into the front foot. | Student steps with same foot as throwing hand, transfers weight to the front foot but not extending beyond the reach of an imaginary defender. | Student steps with same foot as throwing hand, transferring weight to the front foot and extending their reach beyond that of the imaginary defender. |
| 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. |
| **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. |
| Defending | 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.  |