

### Year 9 OED Skills Marking Rubric

Total Score:		Stance	Grip	Flight	Accuracy	Marking	Score
<b>Student Name:</b>	<b>Backhand</b>	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	/25
	<b>Forehand</b>	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	/25
	<b>Hammer</b>	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	/25
	<b>Gameplay</b>	A B C D E 25 20 15 10 5					

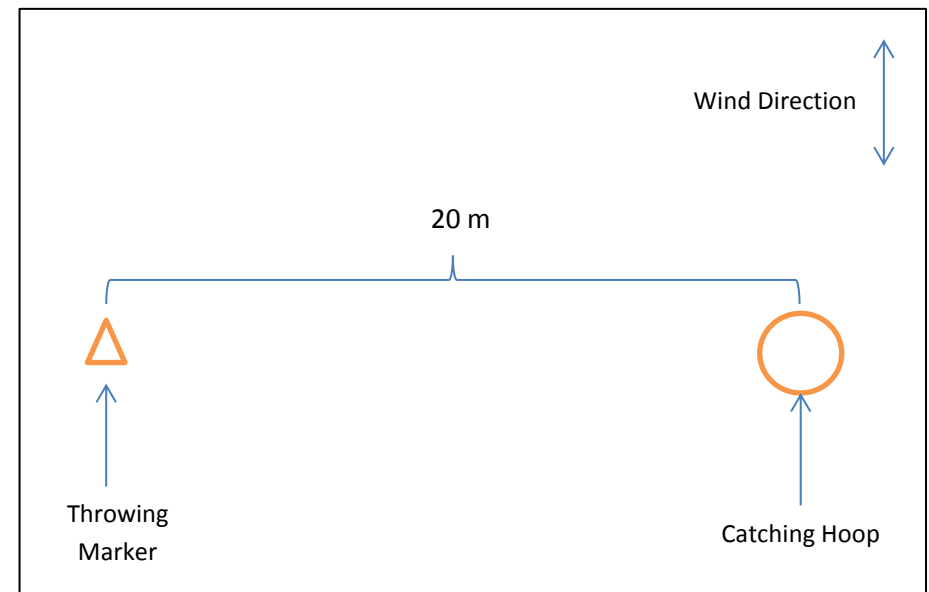
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	<b>Forehand</b>	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	/25
	<b>Hammer</b>	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	A B C D E 5 4 3 2 1	/25
	<b>Gameplay</b>	A B C D E 25 20 15 10 5					

## Assessment Explanation:

- Students will undertake their assessments in pairs.
  - One student will demonstrate three Frisbee throwing skills. The forehand, the backhand and the hammer throw.
  - The other student will demonstrate their catching skills.
- Gameplay mark will be assessed during a competitive match.
- Students will be assessed across four criteria in each throw. Stance, Grip, Flight and Accuracy.
- Students have one attempt at all three throws. If upon completing their assessment they want to attempt it again, they may do so but will be restricted by a maximum achievement of a 'B' mark.
- Assessment course will be set up to allow for a crosswind. Three dedicated discs will be used for all the assessments.

## Assessment Protocol:

- One student will take position near the throwing marker and their partner will take position standing in the first hoop.
- Students on preparing to attempt each of the throws will hold the stance position for 10 seconds to allow for assessment of stance and grip. (Note: Students must utilise this stance when throwing the Frisbee, not just hold the one stance and then adjust to a different stance when actually throwing.)
- Student will throw their **first Frisbee forehand** at which flight and accuracy will be assessed.
- Their partner will be assessed on their marking skills.
- Student will then reset and throw their **second Frisbee backhand**.
- Their partner will be assessed on their marking skills.
- The partner will move back to the 30 meter hoop.
- Student will throw their **third Frisbee as a hammer throw**.
- Their partner will be assessed on their marking skills.



**'A' Achievement Descriptors**

	<b>Stance</b>	<b>Grip</b>	<b>Flight</b>	<b>Accuracy</b>	<b>Marking</b>
<b>Backhand</b>	<ul style="list-style-type: none"> <li>• Stance side on to target.</li> <li>• Leading leg is the same (ie Right or Left) as the pulling arm.</li> <li>• Centre of gravity is low which is achieved by bending the knees.</li> <li>• Pulling arm starts next to hip of the non-leading leg.</li> <li>• Non-pulling arm stretched in opposite direction of throw.</li> </ul>	<ul style="list-style-type: none"> <li>• Four fingers on the inside gripping the lip.</li> <li>• Thumb on the outside and on top of the disc.</li> <li>• Wrist cocked backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Disc travels no higher than 2 meters off the ground.</li> <li>• Disc is stable in flight</li> <li>• Disc remains top-side up</li> </ul>	Disc is at the chest of the receiving player.	<ul style="list-style-type: none"> <li>• Student is able to catch the disc.</li> <li>• If able to they utilise two hands, one on top and the other on the bottom.</li> </ul>
<b>Forehand</b>	<ul style="list-style-type: none"> <li>• Stance chest on to target.</li> <li>• Leading leg is the opposite (ie Right or Left) of the pulling arm.</li> <li>• Centre of gravity is slightly higher than the backhand.</li> <li>• Pulling arm starts at head height behind the body.</li> <li>• Non-pulling arm stretched in direction of throw.</li> </ul>	<ul style="list-style-type: none"> <li>• Index and middle finger on the inside lip.</li> <li>• Thumb on the outside and on top of the disc.</li> <li>• Remaining fingers straightened resting on outside of disc.</li> <li>• Wrist cocked backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Disc travels no higher than 2 meters off the ground.</li> <li>• Disc is stable in flight</li> <li>• Disc remains top-side up</li> </ul>	Disc is at the chest of the receiving player.	<ul style="list-style-type: none"> <li>• Student is able to catch the disc.</li> <li>• If able to they utilise two hands, one on top and the other on the bottom.</li> </ul>
<b>Hammer</b>	<ul style="list-style-type: none"> <li>• Stance side on to target.</li> <li>• Leading leg is the opposite (ie Right or Left) of the pulling arm.</li> <li>• Centre of gravity is behind the thrower which is achieved by bending backwards with non-leading leg bent.</li> <li>• Pulling arm starts behind body near the back.</li> <li>• Non-pulling arm stretched in direction of throw.</li> </ul>	<ul style="list-style-type: none"> <li>• Index and middle finger on the inside lip.</li> <li>• Thumb on the outside and on top of the disc.</li> <li>• Remaining fingers bent backwards towards the palm</li> <li>• Wrist cocked backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Disc is released at a 45° angle.</li> <li>• Disc starts out vertical to the ground.</li> <li>• Disc rotates onto its back.</li> <li>• Disc drops down to the ground on its back.</li> </ul>	Disc drops down onto the receiving player.	<ul style="list-style-type: none"> <li>• Student is able to catch the disc.</li> <li>• If able to they utilise two hands, one on top and the other on the bottom.</li> </ul>