

4.1.a.1

I can strike a ball with a stick/bat/club and a racquet/
paddle with correct form.

I can strike a ball and keep it under control while
moving.

Critical Elements

- Waist level contact point
- Racket face angled toward target
- Controlled force
- Correct side of racket face being used

Rubric

- 4 Consistently demonstrates concepts and skills
- Student can demonstrate all the critical elements.
 - Student needs no reminders.
- 3 Usually demonstrates concepts and skills
- Student can demonstrate most of the critical elements.
 - Student needs occasional reminders.
- 2 Sometime demonstrates concepts and skills
- Student can demonstrate some of the critical elements.
 - Student needs several reminders.
- 1 Seldom demonstrates concepts and skills
- Student can demonstrate few of the critical elements.
 - Student needs repeated reminders.