



Basketball Lay-up Rubric



This rubric will help to grade skill level of students in the basketball lay-up. To achieve a skill number, students must demonstrate all of the skills in that scoring level. Emphasis is on the process and mechanics of the sports skill and not the end product.

Skill Number	Mechanics and Cues of Skill
1	Basic Skill Level
	<ul style="list-style-type: none">• Student runs with the ball instead of dribbling to the basket• Student stops momentum completely before shooting• Student does not jump or jumps off both legs• Shot is not accurate or around the basket
2	Elementary Skill Level
	<ul style="list-style-type: none">• Student takes extra steps with the ball or ends their dribble pre-mature• Student stops momentum before shooting the ball• Student jumps off both legs• Student jumps from far away from the basket• Shot does not use the backboard or is not accurate
3	Advanced Skill Level
	<ul style="list-style-type: none">• Student dribbles all the way into the basket• Student is not balanced when they pick their dribble up (too many steps etc)• Student jumps off their outside leg• Student jumps from an appropriate area on the floor• Student uses the backboard while shooting
4	Exemplar Skill Level
	<ul style="list-style-type: none">• Student dribbles all the way into the basket• Student is balanced when approaching the basket• Student jumps off their inside leg while shooting with their outside hand• Student jumps from an appropriate area on the floor• Student uses the backboard while shooting

