

Football Throw

Teach an alien how to throw a football properly using ‘Microsoft Publisher’ and a brilliant picture of you. There are 3 stages to almost all movements in sports. The same is true with shooting a basketball or throwing a football. There’s the Preparation Phase: (in basketball).. ‘Elevator’; there’s the Execution Phase: Traveling up the elevator with elbow in and; there’s the Follow-through stage: “Fishhook”. Pictures were taken during different phases. Be sure to indicate clearly how to throw the ball including all phases in your succinct description.

Take a look at the example, by Mr.Peterson. GOOD LUCK!

Due Date:

	1	2	3	4
COMMUNICATION	<p>Skill reflections show little understanding</p> <p>The student needs assistance to communicate his/ her understanding of the skills taught. Using appropriate terminology and memory cues is a goal that should be set.</p>	<p>Skill reflections show adequate understanding</p> <p>The student adequately communicates his/ her understanding of the skills taught by using adequate terminology and memory cues</p>	<p>Skill reflections show good understanding</p> <p>The student has a good understanding of the skills taught as demonstrated by his/her occasional use of appropriate terminology and memory cues.</p>	<p>Skill reflections show excellent understanding</p> <p>The student effectively communicates his/ her understanding of the skills taught by using appropriate terminology and memory cues.</p>