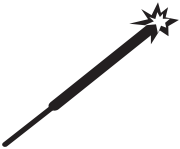# SPARK™

BASKETBALL SELF-CHECK

NAME: _____ TEACHER: _____ DATE: _____

Practice the skills below using the "Think Abouts" for cues. Then try the activity alone or with a partner 10 times. Circle the number of times you did everything in the "Think Abouts." Look for improvements each time we do a *Self-Check*. When you are "Sparklin'!" you are ready to show your stuff to a friend for sign-off.

	Lightin' it up!	*Startin' to glow!*	*SPARKlin'!*	*SPARK Star!* Now show a friend.
	I'm getting there!	I am getting pretty good!	I'm out of this world!	Have your friend sign below.
Dribbling	2 3 4 times out of 10	5 6 7 times out of 10	8 9 10 times out of 10	
Passing	2 3 4 times out of 10	5 6 7 times out of 10	8 9 10 times out of 10	
Receiving	2 3 4 times out of 10	5 6 7 times out of 10	8 9 10 times out of 10	
Shooting	2 3 4 times out of 10	5 6 7 times out of 10	8 9 10 times out of 10	

THINK ABOUTS...

Dribbling	• Use pads of fingers. • Push the ball to floor. • Keep eyes up.
Passing	• Spread fingers and keeps elbows out. • Push the ball from chest level. • Step into the pass and extend elbows.
Receiving	• "Ask" for the ball with hands and eyes. • Move to the ball. • Give with the ball.
Shooting	• Keep eyes on target. • Keep shooting elbow in line with target. • Extend shooting elbow and legs.

GRADES 3-6

GRADES 3-6

SPARK™ BASKETBALL SKILLS ✸ PERFORMANCE RUBRIC	DRIBBLING	PASSING	RECEIVING	SHOOTING	DEFENDING
	• Uses pads of fingers. • Pushes ball to floor. • Keeps eyes up.	• Spreads fingers and keeps elbows out. • Pushes ball from chest level. • Steps into the pass and extends elbows.	• "Asks" for ball with hands and eyes. • Moves to ball. • Gives with ball.	• Keeps eyes on target. • Keeps shooting elbow in line with target. • Extends shooting elbow and legs.	• Stays low. • Keeps hands up. • Moves to stay between ball and basket.
STUDENTS					

SCALE: 3 Demonstrates all 3 cues all the time with no mistakes.

2 Demonstrates 2 cues all the time with no mistakes.

1 Demonstrates 1 cue all the time with no mistakes.

0 Cannot demonstrate any of the cues.