**Name (First, Last)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Class #\_\_\_\_\_\_\_**

**JUGGLING PERFORMANCE RUBRIC**

RAMS Wellness 2020

**Directions:** This performance Rubric is based on 10 points. Anything above 10 points is extra credit (the

shaded area on the rubric).

|  |  |
| --- | --- |
| **Points** | **Description** |
| [**12**](https://drive.google.com/file/d/0BwTcCUGk_v-uNi1YS2YzYTlRbk1HMl82dzlUcjBrWjFVMFZN/view?usp=sharing) | 3 ball juggling at ease 10 or more times consecutively while balancing on one leg |
| [**11**](https://drive.google.com/file/d/0BwTcCUGk_v-uWXNSTUFpejNYQUczanhHRjRxZkt4WDFncGh3/view?usp=sharing) | 3 ball juggling at ease 10 or more times consecutively. You can stand in the same spot. |
| [**10**](https://drive.google.com/file/d/0BwTcCUGk_v-udHJDNTFKaXFBME8tTWZHTHk1TVdVNFlVdmNr/view?usp=sharing) | Full 3 ball juggling 5 consecutive times - staying relatively in the same spot (can move around slightly) without a pause. |
| [**9.5**](https://drive.google.com/file/d/1uZseQLyWWSNiP1LVFQbMrSJWOal_ht9D/view?usp=sharing) | Can 3 ball toss from dominant hand (R-L-R) and non-dominant hand (L-R-L) with a pause. Can do this back and forth 3 times each. |
| [**9**](https://drive.google.com/file/d/0BwTcCUGk_v-uSHJCWGQ5ZVZ4bVpZTzd0MlZwT1VfMzkyQzVr/view?usp=sharing) | Can only do 3 ball toss starting from right hand (R-L-R) OR 3 ball toss starting from the left hand (L-R-L) BUT cannot 3 ball toss starting from both hands. |
| [**8.5**](https://drive.google.com/file/d/0BwTcCUGk_v-uaDU2NXZWUEJUUkhhZnZaNDhNRkhuV0ZxU2JF/view?usp=sharing) | 2 ball back and forth with 3rd ball in hand at least 10 times consecutively. Must go R-L then L-R etc |
| [**8**](https://drive.google.com/file/d/0BwTcCUGk_v-uM2pESUthWFZsVkdrc01IOXVnc1o0NVdPZXlv/view?usp=sharing) | 2 ball back and forth at least 10 times consecutively (looks like juggling, but with only 2 balls). Must go R-L then L-R etc. |
| [**7**](https://drive.google.com/file/d/0BwTcCUGk_v-uRk1ucndYVlItQ0c0TG5QUDFhbjYxY05rWGZz/view?usp=sharing) | 2 ball back and forth BUT with a pause before tossing from the other hand 10 times consecutively. Must go R-L then L-R |
| [**6**](https://drive.google.com/file/d/0BwTcCUGk_v-uZVpnaVZveWw4SUVPWU5mcmgwRzhmVTdBd2pF/view?usp=sharing) | 1 ball back and forth consecutively 10 times while holding a 2nd ball in one of your hands. |

\*Click on each number for a video demonstration for that skill

\*You can use juggling scarves, plastic shopping bags, tennis balls, balled up socks, or other similar objects to modify juggling in case you don’t have juggling balls

\*Levels 11 and 12 are extra credit