**Student Peer Assessment of Skill Performance During Practice**

**Directions:** Work in groups of three or four. Two group members exchange forehand and backhands while one/two use the check list below to record what you see. You should exchange at least 10 attempts before switching roles.

**Backhand Throw**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Team Name:** | **Disc held on opp. side of body from throwing hand** | **Step with front foot towards target. *Weight transfer* back to front.**  | **Generate twisting power from *torque*** | **Disc is released towards target. *Follow through* to opposite thigh.**  |
| 1. | Yes / No | Yes / No | Yes / No | Yes / No |
| 2. | Yes / No | Yes / No | Yes / No | Yes / No |
| 3. | Yes / No | Yes / No | Yes / No | Yes / No |
| 4. | Yes / No | Yes / No | Yes / No | Yes / No |
| 5. | Yes / No | Yes / No | Yes / No | Yes / No |
| 6. | Yes / No | Yes / No | Yes / No | Yes / No |
| 7. | Yes / No | Yes / No | Yes / No | Yes / No |
| 8. | Yes / No | Yes / No | Yes / No | Yes / No |

**Forehand Throw**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Team Name:** | **Disc held on same side as throwing hand** | **Step with front foot with opposition. Transfer weight back to front.**  | **Index and middle fingers grip the rim** | **Ring and pinky fingers are clenched toward the palm. Generate twisting power from torque** | **Disc is released towards target Follow through to opposite thigh.** |
| 1. | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| 2. | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| 3. | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| 4. | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| 5. | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| 6. | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| 7. | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |
| 8. | Yes / No | Yes / No | Yes / No | Yes / No | Yes / No |

**Diagram a drill for your team to improve throws to a target.**