

## Appendix of the Assessment Rubric:

No	Tasks	Scoring Criteria			
		4	3	2	1
<b>Preparation phase</b>					
1	Stand ready to make a move	Stand $\pm$ 50 cm, behind the short service line, near the center line,	Stand more than 50 cm behind the short serve line, near the center line,	Stand more than 50 cm behind the short serve line and not near the center line,	Stand far from behind the service line and center line
2	The position of the preparation of both feet	Both feet are shoulder width apart, Left foot in front & right foot behind, Body weight on back leg;	Both feet are shoulder width apart, Left foot in front & right foot behind, but weight is not on the back leg	Both feet are not shoulder width apart, left foot in front & right foot behind, Weight is not on the back leg	Both feet are not shoulder width apart, left foot and right foot in a parallel position.
3	How to hold a racket	The racket is held with a handshake grip, the holding position is in the middle of the racket grip, the grip is not stiff	The racket is held with a handshake grip, holding position in the middle of the racket grip, stiff grip	The racket is held with a handshake grip, the holding position is not in the middle of the racket grip, the grip is stiff	The racket is held with a handle other than a handshake, holding position is not in the middle of the racket grip, the grip is stiff
4	How to hold satelkok	The hand holding the satelkok is bent, the satelkok is held at the base with the index finger and thumb, and the position of the satelkok is in front of the chest	The hand holding the satelkok is bent, the satelkok is held at the base with the index finger and thumb, and the position of the satelkok is not in front of the chest	The hand holding the satelkok is bent, the satelkok is not held at the base with the index finger and thumb, and the position of the satelkok is not in front of the chest	The hand holding the satelkok is not bent, the satelkok is not held at the base with the index finger and thumb, and the position of the satelkok is not in front of the chest
5	Racket swing preparation	The racket is swung back with the arms in a bent position, the satelkok grip and racket grip are not stiff	The racket is swung backwards with the arms bent, but the grip and grip of the racket are stiff	The racket is swung back, the arms are not in a bent position, and the satelkok grip and racket grip are stiff	The racket is not swung back, the arms are not in a bent position, as well as the satelkok grip and racket grip are stiff
6	Racket swing position	The position of the racket swing is $\pm$ 30 cm from the body, the length of the racket swing back is up to the maximum, the racket handle is not stiff	The position of the racket swing is $\pm$ 30 cm from the body, the length of the racket swing back to the maximum, the racket grip is stiff	The position of the racket swing is $\pm$ 30 cm from the body, the length of the racket swing back is not optimal, the racket grip is stiff	The position of the racket swing exceeds 30 cm or far from the body, the length of the racket swing back is not optimal, the racket grip is stiff

Implementation Stage		4	3	2	1
7	Body movement when going to hit	The weight is transferred from the back foot to the front leg, the hips and shoulders are turned forward, carried out in one whole movement	The weight is transferred from the back foot to the front leg, the hips and shoulders are turned forward, but not carried out in one complete movement	The weight is transferred from the back foot to the front leg, the hips and shoulders are not turned forward, and are not carried out in one complete movement.	Body weight does not transfer from the back foot to the front leg, the hips and shoulders are not turned forward, and are not carried out in one overall movement.
8	Unleash the satelkok to hit	Why is it released downwards, along with the swing of the racket to the bottom?front up, in a position below the waist,	Why is it released downwards, along with the swing of the racket to the bottom?upper front, but not below the waist,	Why is it released downwards, not at the same time as the racket swings to the bottom?front up, and not in a position below the waist,	Why is it released not down, not at the same time as the racket swings to the bottom?front up, and not in a position below the waist,
9	Stelkok shooting with racket	How come it was hit hard with a jolt of the wrist, at about knee height, and the impact distance was $\pm 30$ cm from the body	Why hit hard with a flick of the wrist, approximately at knee height, & the impact distance exceeds 30 cm from the body	How come it was hit hard with a jolt of the wrist, above the knee height, and the impact distance was more than 30 cm from the body	How come it was hit hard without a flick of the wrist, it was above the knee height, and the distance of the impact was more than 30 cm from the body
10	Racket position when hitting	Racket straight down, with the racket head pointing up,	Racket straight down, with the head of the racket not pointing up,	The racket is not straight down, with the racket head pointing up,	The racket is not straight down, the head of the racket is not pointing up,
Scoring Criteria					
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Completion Stage					
11	Racket position after hitting	The final position of the racket is in front, over the shoulder of the hand not holding the racket	The final position of the racket is in front, beside the shoulder of the hand not holding the racket	The final position of the racket is below not on the side of the shoulder the hand that is not holding the racket	The final position of the racket is in front, above the shoulder of the hand holding the racket.
12	Body movement after further movement	Back to the ready position, klegs parallel, shoulder width apart, knees bent, body leaning forward.	Back to the ready position, kboth legs are not parallel, shoulder width apart, knees bent, body leaning forward	Back to the ready position, kboth legs parallel apart shoulder width apart, knees not bent, body not leaning forward.	Back to the ready position, kthe legs are not parallel, spread shoulder width apart, knees are not bent, body is not leaning forward.

13	Racket position after further movement	The position of the racket is ready to hit, the racket is in front of the chest,	The position of the racket is ready to hit, the racket is on the chest	The position of the racket is ready to hit, the racket is under the chest,	The position of the racket is not ready to hit, the racket is under the chest,
14	Overall body movement	Body movements are carried out gradually, from the beginning to the end, carried out in one whole movement, and not stiff	Body movements are carried out gradually, from the beginning to the end, carried out in one whole movement, but the movement is rigid	Body movements are carried out gradually, from the beginning to the end, not in one whole movement, and stiff	Body movements are not carried out gradually, from the beginning to the end, are not carried out in one whole movement, and are stiff

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<b>Final Result</b>					
15	The direction the satelkok bounces after being hit	The shuttlecock bounced back high, crossed the rope as high as 2.44 meters from the floor and fell on the back line target area (back bondri line).	How come it bounced back high, crossed a rope 2.44 meters high from the floor and fell on the target area 1 meter in front of the back line	How come it bounced back high, crossed a rope 2.44 meters high from the floor and fell on the target area 2 meters in front of the back line	How come it doesn't bounce back high, it doesn't cross the 2.44 meter high rope and it falls outside the designated target area

Maximum Score Criteria = 4

Total Score (Indicator A + Indicator B + Indicator C + Indicator D) = 60