

Names: _____

Mr. Rountree

HRHS PE Combatives

Combatives Movement Composition

In groups of 2/3 create a 3-5 minute combative performance using **several** elements taught throughout the unit. You will be able to use some of the punching and kicking pads in your routine.

- Guard
- Half Guard
- Side Control
- Full mount
- Mount reversal
- Arm bar
- Rear naked choke
- Guillotine choke
- Ankle/arm locks
- Carries (fireman, wedding, piggyback, reverse piggyback, 1-leg hop)
- Roll
- Wrist lock
- Jab
- Hook
- Uppercut
- Cross
- Elbow punches
- Front kick
- Side kick
- Roundhouse kick
- Spinning backfist

Your task will be to either create a skit based on a possible real-life scenario or a combatives routine, including a write-up of the routine being used

You will be graded on the following with a 0-4 point system.

1. Creativity
 2. Clear and precise explanations (write up for moves in routine or skit)
 3. Incorporation of elements from the unit
 4. Staying on task and maturity level
 5. Overall impression
- You can include music if you want to (if it works well with your routine/skit)



COMBATIVES PRESENTATION EVALUATION RUBRIC

| Categories | Criteria | | | | Points | |
|--|--|--|---|---|--------|---------|
| | 4 | 3 | 2 | 1 | Group | Teacher |
| Creativity & Originality | Group has demonstrated a high level of creativity in their performance. | Group has demonstrated a good level of creativity in their performance. | Group has demonstrated a medium level of creativity in their performance. | Group has demonstrated a low of creativity in their performance. | | |
| Clear & Precise Explanations (write-up included) | Group has provided a very clear and precise explanation of routine. | Group has provided a mostly clear and precise explanation of routine. | Group has provided a somewhat clear and precise explanation of routine. | Group has not provided a clear and precise explanation of routine. | | |
| Incorporation of combatives elements | Group has incorporated most of the content learnt in presentation. | Group has incorporated some of the content learnt in presentation. | Group has incorporated a little of the content learnt in presentation. | Group has incorporated minimal of the content learnt in presentation. | | |
| Staying on task and maturity level | Group never displays disruptive behaviour before & during routine. | Group rarely displays disruptive behaviour before & during routine. | Group occasionally displays disruptive behaviour before & during routine. | Student always displays disruptive behaviour before & during routine. | | |
| Overall Impression | Group has presented a well rounded & thought out presentation about combatives . | Group has presented a decently thought out presentation about combatives . | Group has presented an average presentation about combatives . | Group has not presented a planned-out presentation about combatives. | | |
| Total Points--> | | | | | | |