

MOTOR SKILLS

Basketball: Dribble, Pass and Receive

Assessment Task: Dribble, pass, and receive a basketball while traveling at a jog

Directions for Students (Read aloud verbatim and provide visual demonstration without the ball):

- You and your partner will perform dribbling, passing using a chest or bounce pass, and receiving skills while traveling on the outside of a passing lane marked by polypots.
- The first person with the ball will dribble a short distance and then pass to a partner. You need to get the ball to your partner ahead of them and outside the passing lane. The person receiving will receive the ball, dribble, and then pass the ball back to the first person. If you need to move inside the passing lane to receive the ball, dribble it back to the outside of the passing lane before you pass it to your partner. Continue this pattern so that each person completes 2 passes and 2 receptions going toward the end line. When you reach the end line, turn around and repeat the passes/receptions coming back. Each partner will pass and catch the ball at least 4 times (2 going up, 2 coming back).
- You will be assessed on your ability to:
 - a) Dribble with control while moving at a slow jog;
 - b) Send a catchable lead pass to your partner;
 - c) Move to meet the ball and catch a catchable pass.

Level	1. Dribbling	2. Passing	3. Receiving
4	Dribbles with consistent rhythm and control while moving at a slow consistent jog	Sends a catchable lead pass to partner so it can be caught outside the passing lane without a break in the receiver's stride on all passes	Moves forward outside the passing lane to meet the ball and catches 4 catchable passes
3	Dribbles with control while moving at a slow consistent jog	Sends a catchable lead pass to a partner so it can be caught outside the passing lane without a break in the receiver's stride on at least 3 passes	Moves forward outside the passing lane to meet the ball and catches 3 catchable passes
2	Dribbles with control while moving at an inconsistent jog	Sends a catchable lead pass to partner so it can be caught outside the passing lane without a break in the receiver's stride on at least 2 passes	Moves forward to meet the ball and catches 2 catchable passes
1	Dribbles with frequent lack of control and inconsistent jog	Sends a catchable lead pass to partner so it can be caught outside the passing lane without a break in the receiver's stride on fewer than 2 passes	Moves to meet the ball and catches fewer than 2 catchable passes
0	Violates safety procedures and/or does not complete the assessment task		

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Overhand Throwing

Assessment Task: Use an overhand throwing pattern to send a ball to a large wall target

Directions for Students (Read aloud verbatim):

- Today I'm going to look at your overhand throw.
- You will be assessed on:
 - a) having a side orientation;
 - b) a good arm position;
 - c) good trunk rotation;
 - d) a step to your non-throwing forward foot;
 - e) whether you hit the target.
- Stand behind the throwing line.
- You will have 3 trials.

Level	1. Form	2. Accuracy to Target
4	Displays all the selected essential elements with fluid motion and differentiated trunk rotation	Hits target area on wall with force
3	Throws with selected essential elements: a) throwing elbow shoulder high, hand back, and side orientation in preparation for the throw b) trunk rotation with elbow lagging behind hip c) weight transfer to non-throwing forward foot	Hits target area on wall
2	Throws with 2 of 3 essential elements	Hits wall but not target area
1	Throws with 1 or no essential elements	Ball fails to reach the wall
0	Violates safety procedures and/or does not complete the assessment task	

Note: Failure to use the overhand throwing pattern is scored as Incomplete Assessment Task

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Soccer: Dribble, Pass and Receive

Assessment Task: Dribble, pass, and receive a soccer ball while traveling at a jog
Directions for Students (Read aloud verbatim and provide a visual demonstration without the ball):

- You and your partner will perform dribbling, passing, and receiving skills while traveling on the outside of a passing lane marked by polypots.
- The first person with the ball will dribble a short distance and then pass to a partner. You need to get the ball to your partner ahead of them and outside the passing lane. The person receiving the ball will dribble and then pass the ball back to the first person. Continue this pattern so that each person completes 2 passes and 2 receptions. If you need to move inside the passing lane to receive the ball, dribble it back to the outside of the passing lane before you pass it to your partner. When you reach the end line, turn around and repeat the passes coming back. Each of you will complete a total of at least 4 passes (2 going up, 2 coming back).
- You will be assessed on your ability to:
 - a) Dribble with control while moving at a slow jog;
 - b) Send a receivable lead pass to your partner;
 - c) Move to receive a receivable pass.

Level	1. Dribbling	2. Passing	3. Receiving
4	Dribbles with consistent rhythm and control while moving at a slow consistent jog	Sends a receivable lead pass to a partner so it can be received outside the passing lane without a break in the receiver's stride on all 4 passes	Moves forward and outside the passing lane to receive 4 receivable passes
3	Dribbles with control while moving at a slow consistent jog	Sends a receivable lead pass to a partner so it can be received outside the passing lane without a break in the receiver's stride on at least 3 passes	Moves forward and outside the passing lane to meet the ball while receiving at least 3 receivable passes
2	Dribbles with control while moving at an inconsistent or slow speed	Sends a receivable lead pass outside the passing lane to a partner so it can be received without a break in the receiver's stride on 2 passes	Moves forward to receive at least 2 receivable passes
1	Dribbles with frequent lack of control and/or inconsistent walking or jogging speed	Sends a receivable lead pass outside the passing lane to a partner so it can be received without a break in the receiver's stride on fewer than 2 passes	Moves to receive fewer than 2 receivable passes
0	Violates safety procedures and/or does not complete the assessment task		

MOTOR SKILLS

Striking with a Paddle

Assessment Task: Strike a ball against the wall continuously with a short-handled paddle

Directions for Students (Read aloud verbatim):

- You will strike a ball continuously, using a forehand and/or backhand stroke, against a wall, at least 5 times. Your goal is 5 good hits from behind the 10 foot line against the wall with only 1 bounce each time.
- You will be assessed on your ability to:
 - a) Use a side orientation;
 - b) Strike the ball continuously against the wall at least 5 times from behind the 10 foot line with added strokes that may be in front of the 10 foot striking line.
- You may strike the ball in front of the 10 foot striking line but that hit doesn't count as one of your 5 hits.
- Strike the ball after no more than 1 bounce between each contact. If the ball bounces twice, that trial is ended.
- You will have 2 opportunities to make 5 hits against the wall from behind the 10 foot line without a miss. If you do it on the first try, you don't have to do it again.
- Begin each trial by dropping the ball to bounce it prior to hitting it. Your score is counted with the hit following the first rebound from the wall.

Level	1. Form	2. Continuous Strikes
4	Consistently uses a side orientation	Strikes the ball continuously against the wall 5 times in a row from 10 feet with no hits in front of the 10 foot striking line
3	Usually uses a side orientation	Strikes the ball continuously against the wall 5 times from 10 feet with added strokes that may be in front of the 10 foot striking line
2	Sometimes uses a side orientation	Strikes the ball continuously against the wall at least 4 times from 10 feet with added strokes that may be in front of the 10 foot striking line
1	Seldom uses a side orientation	Strikes the ball continuously against the wall fewer than 4 times from 10 feet with added strokes that may be in front of the 10 foot striking line
0	Violates safety procedures and/or does not complete the assessment task	