

Catching (Gathering, Collecting)

Control: The body appears to respond somewhat accurately to the child’s intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Catching with Two Hands</u> both a self-tossed and gently thrown object from an experienced thrower	<u>Holding Arms in Front of Body</u> with elbows flexed when preparing to catch	<u>Tracking the Object</u> with eyes	<u>Extending Arms</u> to meet object	<u>Pulling Object</u> into the body	<u>Catching Various Sizes of Self-thrown Balls</u> that rebound off a wall, gradually moving farther away



Kicking

Control: The body appears to respond somewhat accurately to the child’s intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Approach Ball</u> with limited number of steps (1-5) , leap just before contact with ball	<u>Flexing Knee of Kicking Leg</u> incline trunk backward before and during contact, hop on support leg , step in direction of kick	<u>Plant Non-Kicking Foot</u> beside and slightly behind ball	<u>Contact Ball</u> with top of kicking foot (shoelaces) directly behind center of ball at a low level, pointing toes down	<u>Kicking Leg Follows Through in Direction of Target</u>

Throwing (Overhand & Underhand)

Control: The body appears to respond somewhat accurately to the child’s intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Stand with Hips Open to Throwing Arm Side of Body</u> Pointing non-throwing shoulder towards target	<u>Rock Backward onto Back Foot</u> step forward with opposite foot from throwing arm, transferring weight from back to lead foot	<u>Rotate Hip and Spine</u> open to throwing arm side of the body, elbow flexing and held away from body	<u>Raise Non-Throwing Arm</u> shoulder level, point in direction of target <u>Throwing Arm</u> extending into backswing	<u>Throwing arm Moves Forward</u> as non-throwing arm moves downward, after release, throwing arm follows through in direction of target

Foot Dribbling

Control: The body appears to respond somewhat accurately to the child’s intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Dribbling with Feet</u> gently tap ball with inside of foot (left/right) staying within 1 metre of body	<u>Holding Head Up</u> looking for open spaces in direction of potential travel	<u>Trapping Ball</u> to stop movement placing a foot on top and slightly behind the ball	<u>Dribbling with Feet</u> around stationary objects moving slowly



Hand Dribbling

Control: The body appears to respond somewhat accurately to the child’s intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Dribbling on Spot</u> with one hand using the <u>pads of fingers</u> to make contact on top of ball	<u>Holding Wrist</u> firm yet flexible	<u>Bending Knees</u> slightly <u>keeping back straight</u> as if sitting down a little	<u>Positioning Feet</u> with foot opposite to dribbling hand forward	<u>Holding Head Up</u> looking for open spaces in direction of potential travel	<u>Dribbling with One Hand</u> through general space <u>without losing control</u>	<u>Keeping Hand</u> on top of ball <u>keeping ball</u> a little in front and to side of body

Striking Objects with Short-handled Implements (Upward & Forward)

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Striking Small Ball</u> with short-handled paddle repeatedly upward <u>holding paddle</u> level and wrist stiff	<u>Keeping Eyes on Object</u> focusing on consistent contact point	<u>Following Through</u> upward slightly	<u>Striking Self-dropped Ball</u> with short-handled paddle starting with paddle back behind hip	<u>Stepping Forward</u> with opposite foot to paddle hand <u>swinging paddle forward</u> watching object at all times	<u>Slanting Paddle</u> slightly upward making contact slightly in front of body	<u>Following Through</u> towards a target

Striking Objects with Hands

Control: The body appears to respond somewhat accurately to the child’s intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Striking Ball Forward</u> with one hand <u>holding ball in non-striking hand</u>	<u>Positioning Feet</u> with foot opposite to striking hand forward	<u>Hitting Arm</u> swings backward with weight shifting backward at the same time	<u>Swinging Arm</u> forward with weight shifting forward and <u>upper body leaning forward slightly</u> from the waist	<u>Striking the Ball from Underneath</u> with an open palm <u>contacting ball out in front of hips</u>	<u>Extending the Body Motion</u> forward and following through with striking arm toward target

Striking with Long-handled Implements

Control: The body appears to respond somewhat accurately to the child’s intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	Striking self-dropped objects using long-handled racquets – starting with racquet extended behind hip	Stepping Forward with opposite foot to racquet hand	Swinging Racquet Forward watching object at all times	Slanting Racquet Slightly Upward making contact slightly in front of the body	Following Through towards target



Striking with Long-handled Implements (Stationary Objects)

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Gripping Implement</u> using comfortable grip and hands close together	<u>Standing in a Ready Position</u> feet shoulder width apart, knees slightly bent, hips 90° angle to target	<u>Pulling Arms Back and Transferring Weight</u> to back foot	<u>Focusing Eyes on Target</u> through entire swing	<u>Rotating Hips, Trunk and Arms</u> quickly forward shifting weight to front foot	<u>Contacting Object and Following Through</u> towards target

Volleying

Control: The body appears to respond somewhat accurately to the child's intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Volleying a Ball</u> continuously upward using various body parts	<u>Moving Feet Quickly</u> to be in position behind and/or under the ball	<u>Balancing Body Weight</u> with one foot slightly ahead of the other <u>knees bent</u>	<u>Contacting Ball above Forehead</u> with pads of fingers	<u>Generating Movement</u> through entire body transferring weight forward	<u>Extending Arms</u> fully in a follow-through up and toward target

Punting

Control: The body appears to respond somewhat accurately to the child’s intentions but the movement requires intense concentration. A movement that is repeated becomes increasingly uniform and efficient.

Student Name	<u>Punting a Lightweight Ball</u> by dropping the ball, extending kicking foot downwards to contact ball with “shoelaces”	<u>Watching Ball</u> until contact is made	<u>Following Through</u> with foot in a forward motion	<u>Punting a Variety of Balls</u> for accuracy, height, and distance