

## 1.7 Assessment Criteria

Overall Level	Movement/Skills	Assessment Criteria
1	<b>Running</b>	<ul style="list-style-type: none"> <li>Arms bend and swing quickly</li> <li>Heels kick backwards to the hip</li> </ul>
	<b>Sliding</b>	<ul style="list-style-type: none"> <li>Eyes look forward, with body moving sideways</li> <li>Show correct steps when sliding</li> <li>Apparent/Clear lift-off</li> <li>Body well balanced</li> </ul>
	<b>Galloping</b>	<ul style="list-style-type: none"> <li>Show correct steps</li> <li>Apparent/Clear lift-off</li> <li>No intermittent stopping</li> <li>Good flow of movement</li> </ul>
	<b>Step-hopping</b>	<ul style="list-style-type: none"> <li>Show correct steps</li> <li>High and obvious knee-lift for the hop</li> <li>Forceful step</li> <li>Good flow of movement</li> </ul>
	<b>Skipping</b>	<ul style="list-style-type: none"> <li>Show correct steps</li> <li>Low knee-lift for the hop</li> <li>Sole close to ground at the hop</li> <li>Good flow of movement</li> </ul>
	<b>Landing (jump from hip joint height)</b>	<ul style="list-style-type: none"> <li>Hands stretched out sideways for balance</li> <li>Well balanced in the air</li> <li>Knees bend, landing steadily</li> </ul>
	<b>Dodging: direction changing, snap stop</b>	<ul style="list-style-type: none"> <li>Quick response</li> <li>Knees bend while changing direction or in snap stop</li> </ul>
	<b>Single poses</b>	<ul style="list-style-type: none"> <li>Use different body parts for weight bearing</li> <li>Show at least 2 different body shapes</li> <li>Maintain a pose for at least 3 seconds</li> <li>Smooth switch from one pose to another</li> </ul>
	<b>Under-arm rolling a ball</b>	<ul style="list-style-type: none"> <li>Arm straight and swinging downwards and backwards (with the ball)</li> <li>Opposite leg stepping forward and bending</li> <li>Arm straight and swinging downwards and forward, with the ball released at ground level</li> <li>Good flow of movement</li> </ul>
	<b>Catching a rolling ball</b>	<ul style="list-style-type: none"> <li>Aim at the rolling ball</li> <li>Knees bend with hands reached out for the ball</li> <li>Palms face forward, with fingers spread out naturally and downwards</li> <li>Ball brought close to the chest immediately after the catch</li> </ul>

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1	<b>Under-arm throwing a bean bag</b>	<ul style="list-style-type: none"> <li>• Arm straight and swinging downwards and backwards (with a bean bag)</li> <li>• Opposite leg stepping forward and bending slightly</li> <li>• Arm straight and swinging downwards and forward with the bag released at waist to shoulder level</li> <li>• Good flow of movement</li> </ul>
	<b>Over-arm throwing a bean bag</b>	<ul style="list-style-type: none"> <li>• Arm stretched backwards (with a bean bag)</li> <li>• Body twisting to the opposite side to strengthen the throwing motion</li> <li>• Apparent follow through</li> <li>• Good flow of movement</li> </ul>
	<b>Punting (a ball or a shuttlecock)</b>	<ul style="list-style-type: none"> <li>• Kick the ball forward</li> <li>• Apparent follow through</li> <li>• Good flow of movement</li> </ul>
2	<b>Sprinting</b>	<ul style="list-style-type: none"> <li>• Body leaning forward and eyes looking forward</li> <li>• Arms bending and swinging quickly</li> <li>• Heels kicking backwards to the hip</li> </ul>
	<b>Bunny jump (along a bench)</b>	<ul style="list-style-type: none"> <li>• Arms straight when bearing weight</li> <li>• Knees bending before the bounce</li> <li>• Hips lifted higher than shoulder level</li> <li>• No intermittent stopping</li> </ul>
	<b>Standing high jump</b>	<ul style="list-style-type: none"> <li>• Legs apart about the same as shoulder width</li> <li>• Knees bending before take-off</li> <li>• Arms swinging forcefully</li> <li>• Body fully stretched during the flight</li> <li>• Knees bending and feet landing in the take-off position</li> </ul>
	<b>Standing long jump</b>	<ul style="list-style-type: none"> <li>• Legs apart about the same as shoulder width</li> <li>• Knees bending before take-off</li> <li>• Arms swinging forcefully</li> <li>• Body fully stretched during the flight</li> <li>• Knees bending, landing steadily</li> </ul>
	<b>Hopping</b>	<ul style="list-style-type: none"> <li>• Non-weight-bearing leg swinging forward and backwards</li> <li>• Arms bending and swinging forward and backwards</li> <li>• No intermittent stopping</li> </ul>
	<b>Leaping</b>	<ul style="list-style-type: none"> <li>• Show correct steps</li> <li>• Legs splitting and stretching forward and backwards during the flight</li> <li>• Land steadily and able to run forward afterwards</li> </ul>

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2	<b>Sideward rolling</b>	<ul style="list-style-type: none"> <li>• Legs apart slightly wider than shoulder width</li> <li>• Face forward before and after rolling</li> <li>• Bear weight with palms or arms when falling</li> <li>• Smooth rolling without bumpiness</li> </ul>
	<b>Forward rolling</b>	<ul style="list-style-type: none"> <li>• Correct movement</li> <li>• Smooth rolling without bumpiness</li> <li>• No palm support to standing position after the roll</li> </ul>
	<b>Airborne turning</b>	<ul style="list-style-type: none"> <li>• Knees bending before take-off</li> <li>• Turn initiated by arm movement</li> <li>• Body straight</li> <li>• Knees bending, landing steadily</li> </ul>
	<b>Single poses (with music)</b>	<ul style="list-style-type: none"> <li>• Match music beats when changing poses</li> <li>• At least 3 different poses</li> <li>• Appropriate facial expressions</li> <li>• Good flow of movement</li> </ul>
	<b>Rhythmic movement with partner</b>	<ul style="list-style-type: none"> <li>• Movements match rhythm</li> <li>• Varied movements</li> <li>• Apparent contrast in movements between partners</li> <li>• Appropriate facial expressions</li> <li>• Good flow of movement</li> </ul>
	<b>Duo poses</b>	<ul style="list-style-type: none"> <li>• Different body parts used for weight-bearing</li> <li>• Contrasting poses in body shapes or levels</li> <li>• Pose maintained for at least 3 seconds</li> <li>• Good flow of movement</li> </ul>
	<b>Movement sequence with partner</b>	<ul style="list-style-type: none"> <li>• Clear beginning and ending poses</li> <li>• Varied movements</li> <li>• Varied pathways</li> <li>• Apparent collaborative movements</li> </ul>
	<b>Bouncing</b>	<ul style="list-style-type: none"> <li>• Knees flexing slightly</li> <li>• Fingers spreading naturally</li> <li>• Clear “pushing” movements</li> <li>• Bounce at waist level</li> </ul>
	<b>Passing and catching</b>	<ul style="list-style-type: none"> <li>• Eyes on the coming ball</li> <li>• Hands reaching out for the ball</li> <li>• Arms bending and pushing to strengthen the force of passing</li> <li>• Knees flexing slightly</li> </ul>

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2	<b>Striking</b>	<ul style="list-style-type: none"> <li>• Arm stretching backwards (with the bat)</li> <li>• Body twisting to the opposite side to strengthen the striking motion</li> <li>• Clear follow through</li> <li>• Good flow of movement</li> </ul>
	<b>Kicking</b>	<ul style="list-style-type: none"> <li>• Weight-bearing foot placed by the side of the ball</li> <li>• Kicking leg swinging backwards</li> <li>• Clear follow through</li> <li>• Smooth approach run</li> </ul>
	<b>Dribbling (with foot)</b>	<ul style="list-style-type: none"> <li>• Ball maintained within a distance of one to two steps from the foot</li> <li>• Head raised, looking forward</li> <li>• No intermittent stopping</li> <li>• Along the pathway as designated</li> </ul>
	<b>Solo movement sequence</b>	<ul style="list-style-type: none"> <li>• Clear beginning and ending poses</li> <li>• Varied movements</li> <li>• Varied pathways</li> <li>• Good flow of movement</li> </ul>
	<b>Solo movement sequence (with apparatus)</b>	<ul style="list-style-type: none"> <li>• Clear beginning and ending poses</li> <li>• Varied apparatus</li> <li>• Varied pathways</li> <li>• Good flow of movement</li> </ul>
	<b>Solo movement sequence to music</b>	<ul style="list-style-type: none"> <li>• Movements match rhythm</li> <li>• At least 3 different movements</li> <li>• Varied pathways</li> <li>• Good flow of movement</li> </ul>
	<b>Rhythmic movement with objects</b>	<ul style="list-style-type: none"> <li>• Movements match rhythm</li> <li>• At least 3 different movements</li> <li>• Varied pathways</li> <li>• Varied moves manipulating different objects</li> <li>• Good flow of movement</li> </ul>
	<b>Zone game</b>	<ul style="list-style-type: none"> <li>• Attack the open space of the opponent</li> <li>• Adjust standing position to avoid the occurrence of open space on own side</li> <li>• Communication between team members</li> <li>• Devotion to the game</li> </ul>
	<b>Confrontation game</b>	<ul style="list-style-type: none"> <li>• Attack the open space of the opponent</li> <li>• Intercept movements against the opponent</li> <li>• Break-away movements against the opponent</li> <li>• Communication between team members</li> <li>• Devotion to the game</li> </ul>