

Appendix I: Pictorial Illustration of Assessment Criteria

Running

1. Arms bend and swing quickly



2. Heels kick backwards to the hip



Sliding

1. Eyes look forward, with body moving sideways



2. Show correct steps when sliding

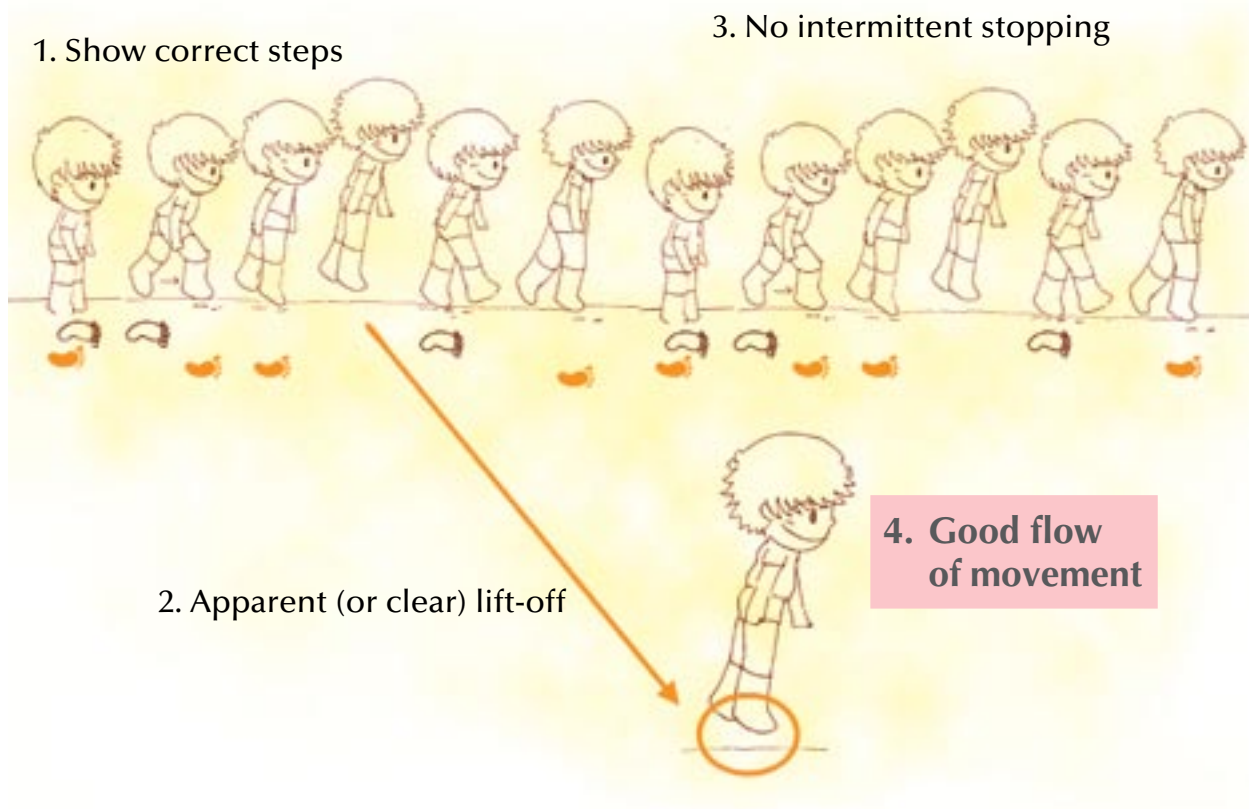


3. Apparent (or clear) lift-off



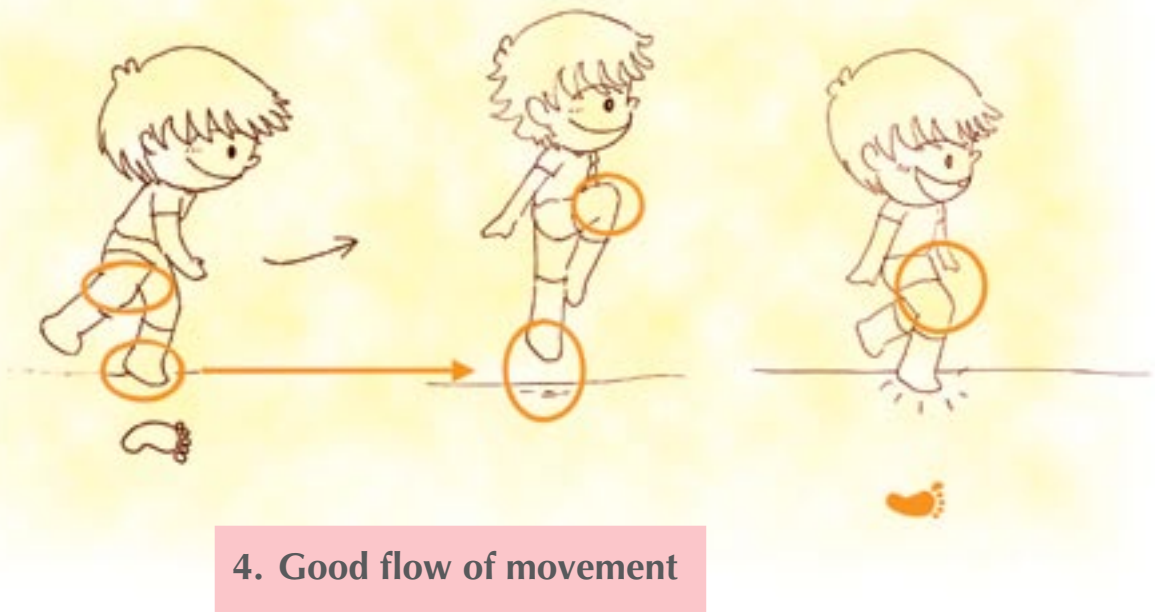
4. Body well balanced

Galloping



Step-hopping

- 1. Show correct steps
- 2. High and obvious knee-lift for the hop
- 3. Forceful step



Skipping

1. Show correct steps

2. Low knee-lift for the hop



3. Sole close to ground at the hop

4. Good flow of movement

Landing (jump from hip joint height)

1. Hands stretched out sideways for balance

3. Knees bend, landing steadily



2. Well balanced in the air

Dodging: direction changing, snap stop

1. Quick response

2. Knees bend while changing direction or in snap stop

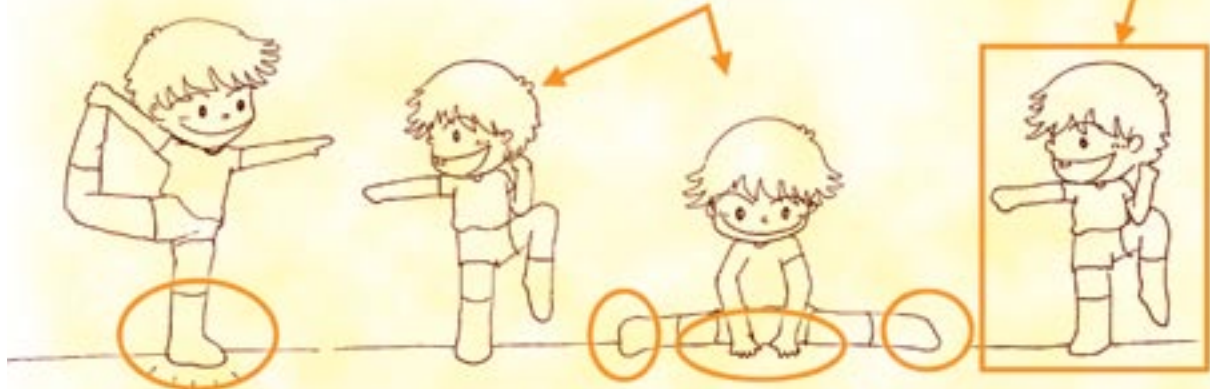


Single poses

1. Use different body parts for weight-bearing

3. Maintain a pose for at least 3 seconds

2. Show at least 2 different body shapes



4. Smooth switch from one pose to another

Under-arm rolling a ball

1. Arm straight and swinging downwards and backwards (with the ball)



2. Opposite leg stepping forward and bending



3. Arm straight and swinging downwards and forward, with the ball released at ground level

4. Good flow of movement

Catching a rolling ball

1. Aim at the rolling ball



2. Knees bend with hands reached out for the ball



3. Palms face forward, with fingers spread out naturally and downwards



4. Ball brought close to the chest immediately after the catch

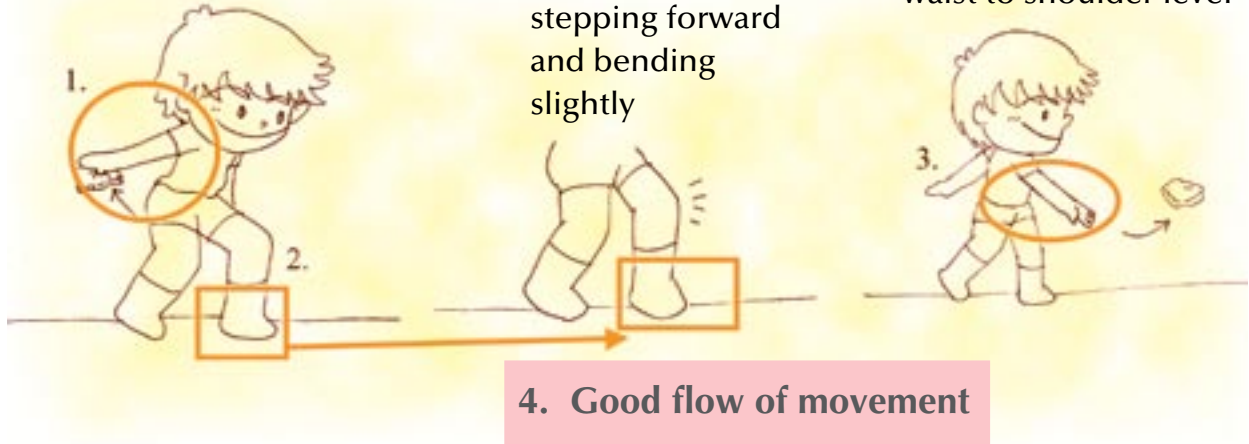


Under-arm throwing a bean bag

1. Arm straight and swinging downwards and backwards (with a bean bag)

2. Opposite leg stepping forward and bending slightly

3. Arm straight and swinging downwards and forward with the bag released at waist to shoulder level

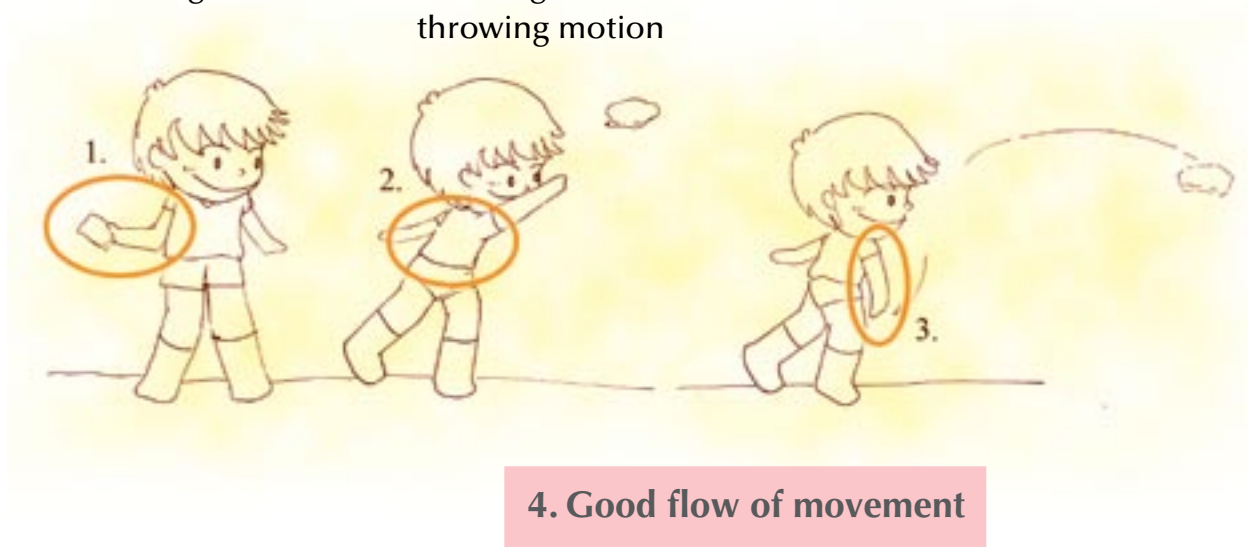


Over-arm throwing a bean bag

1. Arm stretched backwards (with a bean bag)

2. Body twisting to the opposite side to strengthen the throwing motion

3. Apparent follow through



Punting (a ball or a shuttlecok)

1. Kick the ball forward

2. Apparent follow through



3. Good flow of movement

Sprinting

1. Body leaning forward and eyes looking forward

2. Arms bending and swinging quickly



3. Heels kicking backwards to the hip



Bunny jump (along a bench)

1. Arms straight when bearing weight

2. Knees bending before the bounce

3. Hip lift higher than shoulders' level



4. No intermittent stopping

Standing high jump

1. Legs apart about the same as shoulder width

3. Arms swinging forcefully

5. Knees bending and feet landing in the take-off position



2. Knees bending before take-off

4. Body fully stretched during the flight

Standing long jump

1. Legs apart about the same as shoulder width



2. Knees bending before take-off



3. Arms swinging forcefully



4. Body fully stretched during the flight

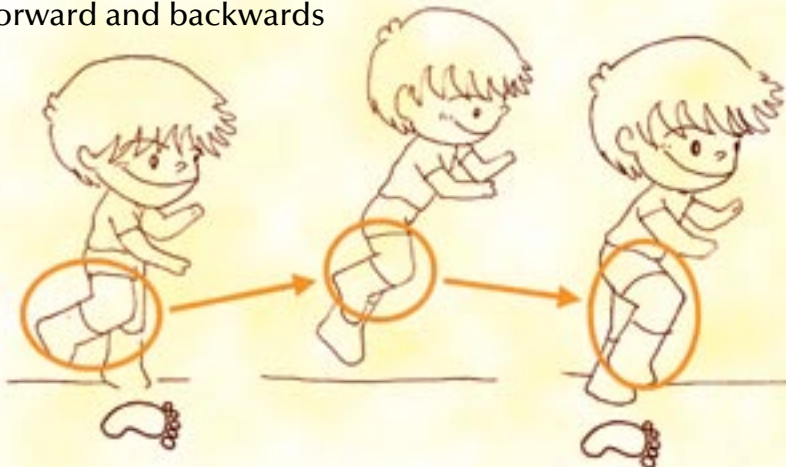


5. Knees bending, landing steadily



Hopping

1. Non-weight-bearing leg swinging forward and backwards



2. Arms bending and swinging forward and backwards



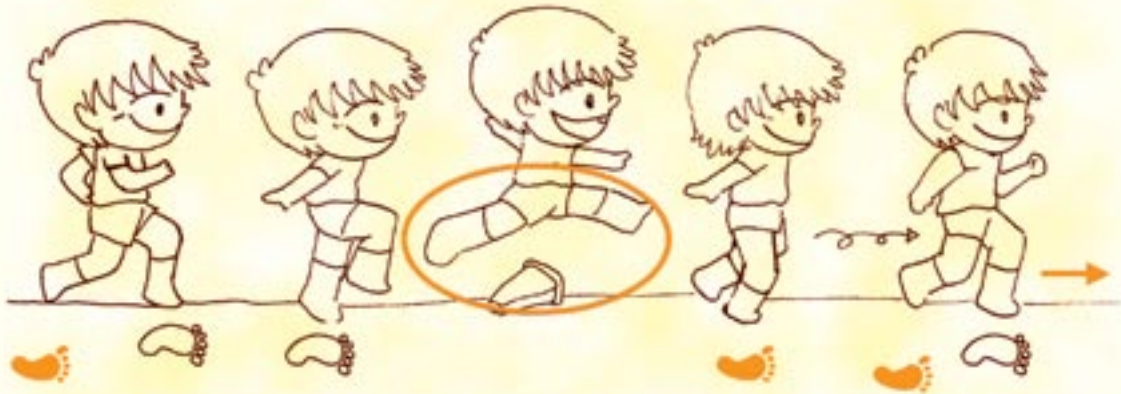
3. No intermittent stopping



Leaping

1. Show correct steps

2. Legs splitting and stretching forward and backwards during the flight



3. Land steadily and able to run forward afterwards

Sideward rolling

1. Legs apart slightly wider than shoulder width



2. Face forward before and after rolling

3. Bear weight with palms or arms when falling



4. Smooth rolling without bumpiness

Forward rolling

3. No palm support to standing position after the roll



1. Correct movement

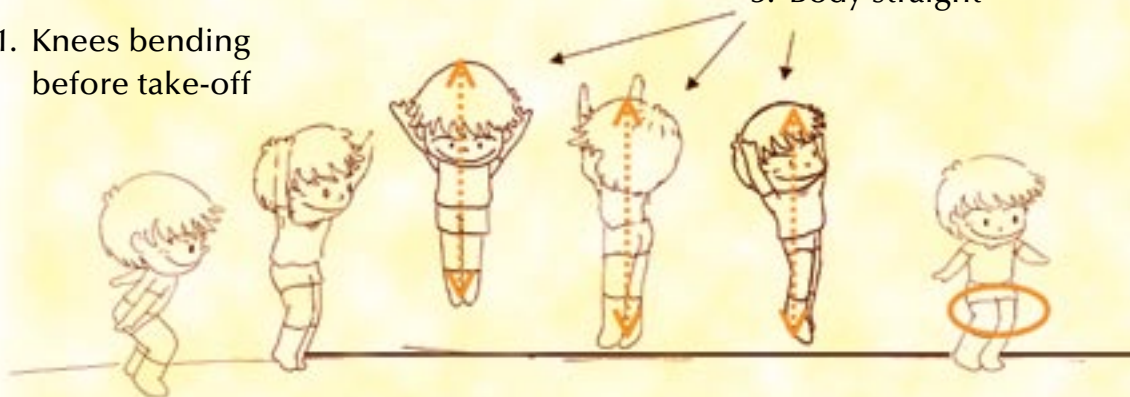
2. Smooth rolling without bumpiness

Airborne turning

2. Turn initiated by arm movement

3. Body straight

1. Knees bending before take-off



4. Knees bending, landing steadily

Single poses (with music)

1. Match music beats when changing poses



2. At least 3 different poses



3. Appropriate facial expressions



4. Good flow of movement

Rhythmic movement with partner

1. Movements match rhythm



2. Varied movements



5. Good flow of movement

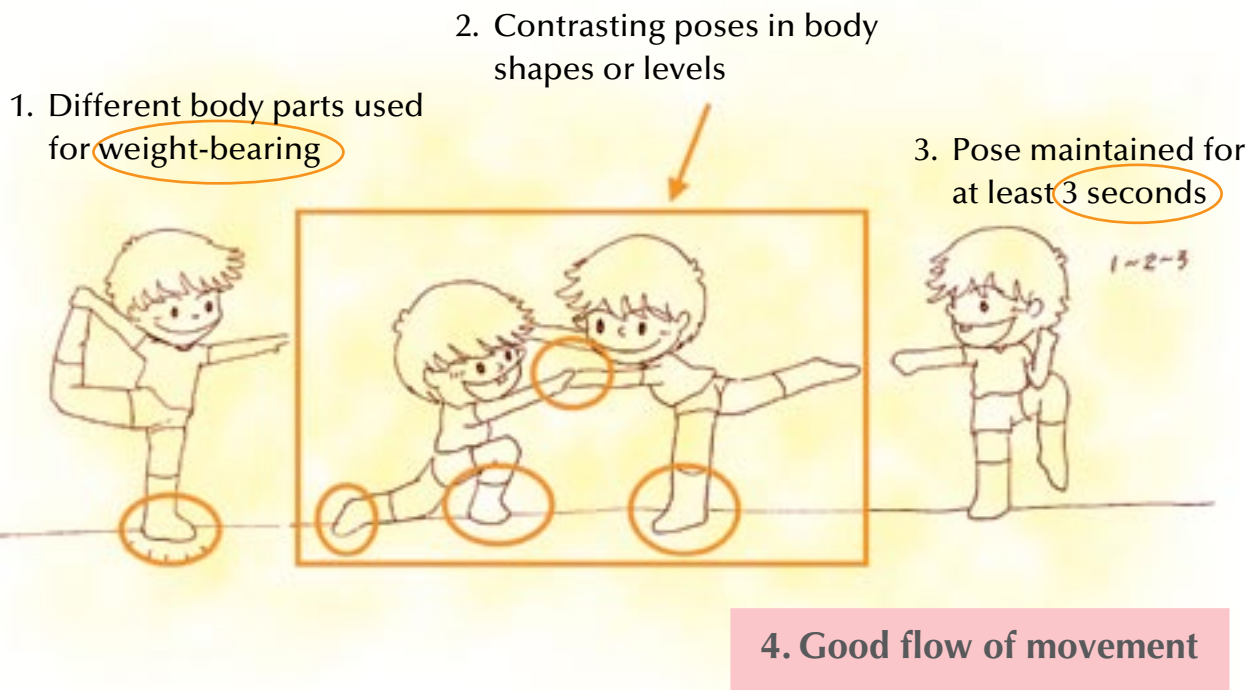
3. Apparent contrast in movements between partners



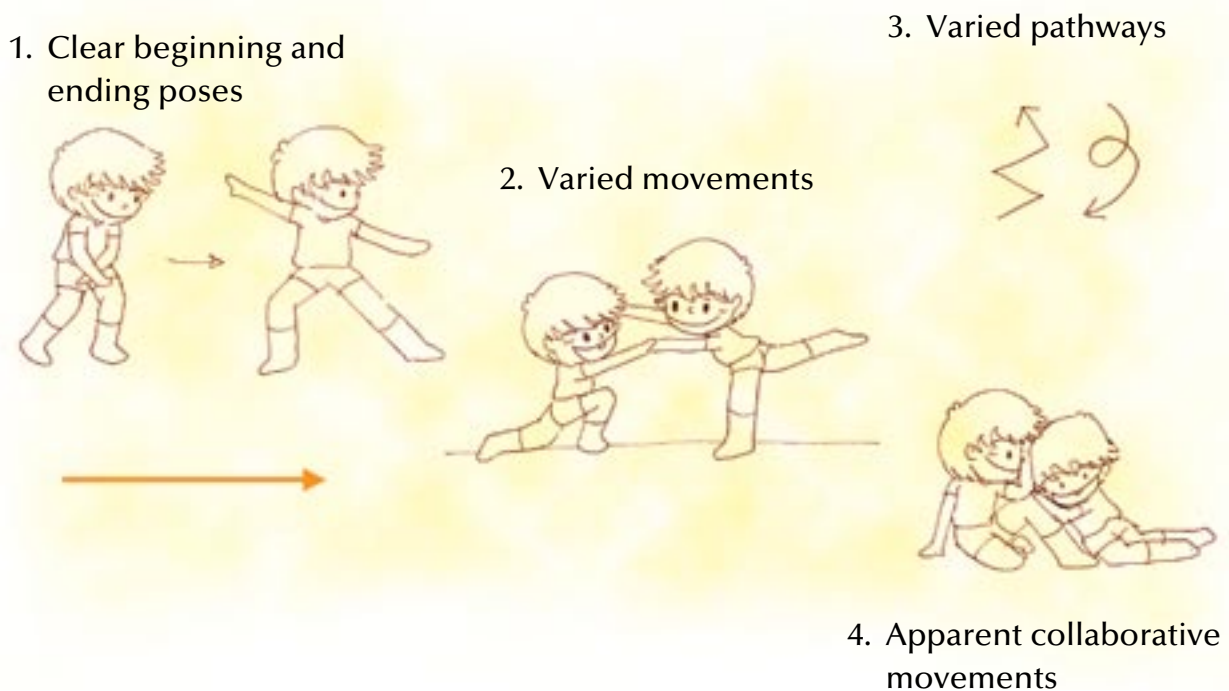
4. Appropriate facial expressions



Duo poses



Movement sequence with partner



Bouncing

1. Knees flexing slightly



2. Fingers spreading naturally



3. Clear "Pushing" movements



4. Bounce at waist level

Passing and catching

1. Eyes on the coming ball



2. Hands reaching out for the ball

3. Arms bending and pushing to strengthen the force of passing



4. Knees flexing slightly

Striking

2. Body twisting to the opposite side to strengthen the striking motion

1. Arm stretching backwards (with a bat)

3. Clear follow through



4. Good flow of movement

Kicking

1. Weight-bearing foot placed by the side of the ball

2. Kicking leg swinging backwards



3. Clear follow through

4. Smooth approach run

Dribbling (with foot)

1. Ball maintained within a distance of one to two steps from the foot



2. Head raised, looking forward

3. No intermittent stopping



4. Along the pathway as designated

Solo movement sequence

1. Clear beginning and ending poses



2. Varied movements



3. Varied pathways



4. Good flow of movement

Solo movement sequence (with apparatus)

1. Clear beginning and ending poses



2. Varied apparatus



3. Varied pathways



4. Good flow of movement

Solo movement sequence (with music)

1. Movements match rhythm



2. At least 3 different movements



3. Varied pathways



4. Good flow of movement

Rhythmic movement with objects

1. Movements match rhythm



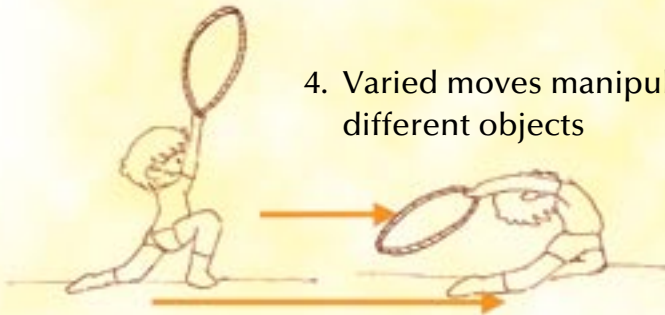
2. At least 3 different movements



3. Varied pathways



4. Varied moves manipulating different objects



5. Good flow of movement