#### **Galloping**





Unsuccessful

1 st

2nd

3rd

 $_{4}$ th

				O	4
1.Show correct steps		Anny in	Zymwy,	Emmy.	anny.
2.Apparent (or clear) lift-off			Elining.	Emmy .	Shumi's
3.No intermittent stopping			Symmy	Emmy .	Jumin S
4.Good flow of movement			Elimina de la companya della companya della companya de la companya de la companya della company	Emmy P	and a second
Participant of the Control of the Co	Assessor (no.)				

Task: Move 10 metres forward; Emphasis - correct movement form

#### **Step-hopping**



Unsuccessful

 $1^{\mathrm{st}}$ 

 $2^{nd}$ 

 $3^{rd}$ 

 $4^{th}$ 

1.Show correct steps		anning.	Summing	Elming.	Shim you
2.High and obvious knee-lift for the hop		www.	www.	Elimina Elimina	www.
3.Forceful step		Elmmy"	Elimina	Emmy of	E IMM
4.Good flow of movement		Zymwa,	anning	Emmy b	Elina P
	Assessor (no.)				

Task: Move 10 metres forward; Emphasis - correct movement form

## **Skipping**





 $1^{st}$ 

 $2^{nd}$ 

 $3^{rd}$ 

 $4^{th}$ 

1.Show correct steps		Emmy .	Winning	Jumin J	Elmma.
2.Low knee-lift for the hop		Emmy .	anning.	Arman de la company de la comp	anning.
3. Sole close to ground at the hop		Emmy	Ammy	Jumin .	www.
4.Good flow of movement		Emmy.	Army in	A THINK	anning.
	Assessor (no.)				

Task: Move 10 metres forward; Emphasis - correct movement form

# <u>Landing</u> (jump from hip joint height)

Successful

Unsuccessful

 $1^{st}$ 

 $2^{\mathrm{nd}}$ 

 $3^{\mathrm{rd}}$ 

 $4^{\mathrm{th}}$ 

1.Hands stretch out sideways for balance		wici.	www.		anning.
2.Well balanced in the air		wici.	WWW.	www.	Junio de la companya
3.Knees bend, landing steadily		anning.	www.	Elining.	www.
	Assessor (no.)				

Task: Jump from a platform of the student's hip joint height; Emphasis - soft landing

#### **Dodging: direction changing, snap stop**



Successful



Unsuccessful

 $1^{st}$ 

2nd

3<sup>rd</sup>

4<sup>th</sup>

1.Quick response		anning	Juman	www.	Summing.
2.Knees bend while changing direction or in snap stop		Windy	zimmin)	www.	Jumin de la company de la comp
	Assessor (no.)				

Task: In pairs (student 1 and student 2) run around assigned area. Upon hearing the signal "1", student 1 runs to catch student 2, and on hearing '2', student 2 chases the other; Emphasis - quick response and movement

#### Single poses



Unsuccessful

 $1^{st}$ 

 $2^{\mathrm{nd}}$ 

 $3^{rd}$ 

 $4^{th}$ 

_					_
1.Use different body parts for weight-bearing		Juman,	Simming.	Jumin .	i. i.
2.Show at least 2 different body shapes		anning of the state of the stat	www.	www.	and a second
3.Maintain a pose for at least 3 seconds		Juman B	Winning	Wind of the second	Jumin S
4.Smooth switch from one pose to another		Juman	Zymming.	Jumin .	
A	ssessor (no.)				

Task: Show five different poses sequentially; Emphasis – using different body parts to bear weight

#### **Under-arm rolling a ball**







 $1^{st}$ 

 $2^{nd}$ 

3rd

 $4^{th}$ 

1.Arm straight and swinging downwards and backwards (with the ball)			www.	Winny
2.Opposite leg stepping forward and bending		William P		Zymny,
3.Arm straight and swinging downwards and forward, with the ball released at ground level	(min		www.	Zymwy,
4.Good flow of movement		Winny of the state	Ammy P	Zymmy,
A	ssessor (no.)			

Task: Roll a small ball (about 10 cm in diameter) with one hand a distance of 10 m (the ball must not bounce); Emphasis - smooth movement

#### **Catching a rolling ball**



Successful

2nd

 $1^{st}$ 

Unsuccessful

3rd

 $_{4}$ th

		1	2	9	•
1.Aim at the rolling ball		www.	anning the state of the state o	www.	www.
2.Knees bend with hands reached out for the ball			and a second	www.	Ammy P
3.Palms face forward, with fingers spread out naturally and downwards	Sulus O	Wind of the second	Simming.	Jum L	Jumin J
4.Ball brought close to the chest immediately after the catch		Juman .	Jumin .	Jumin S	Juming.

Task: Catch an oncoming and rolling volleyball with both hands; Emphasis - good judgement

## <u>Under-arm throwing</u> (a bean bag)







Unsuccessful

 $1^{st}$ 

2nd

3<sup>rd</sup>

 $4^{th}$ 

1.Arm straight and swinging downwards and backwards (with a bean bag)	- 33-	anning.	Alman .	Summa,	Simming.
2.Opposite leg stepping forward and bending slightly		Juman .	Alman .	Jum A	Army .
3.Arm straight and swinging downwards and forward with the bag released at waist to shoulder level		Wind of the state	amming.	Jumin.	anning.
4.Good flow of movement		Junion S	Simming.	Jumas S	Simming.
Assessor (no.)					

Task: Throw a bean bag with one hand a distance of 10 metres or more; Emphasis - smooth movement

## Over-arm throwing (a bean bag)



Successful

www.

Unsuccessful

1st

 $2^{nd}$ 

3<sup>rd</sup>

4<sup>th</sup>

1.Arm stretched backwards (with a bean bag)		anning.	and a second	Juming.	anning and a second
2.Body twisting to the opposite side to strengthen the throwing motion		anning.		William Control	
3.Apparent follow through		anning the state of the state o	1000	WWW.	
4.Good flow of movement		Simming of the state of the sta	**************************************		A THE STATE OF THE
- A	Assessor (no.)				

Task: Hold a bean bag with one hand and throw it at shoulder height a distance of 10 metres or more; Emphasis – <u>quick movement</u>

# Punting (a ball or a shuttlecocok)





 $1^{
m st}$ 

2nd

 $3^{rd}$ 

 $4^{th}$ 

1.Kick the ball forward		E MANNA	grum,	www.	anning.
2.Apparent follow through	( weight		Elimination of the state of the	William S	ann and a second
3.Good flow of movement		Juman	Zymmin.	Jumas	Simming.
	Assessor (no.)				

Task: Drop a volleyball or a shuttlecock from waist level and kick it a distance of 10 metres or more; Emphasis – good judgment

#### **Sprinting**

Successful

Unsuccessful

1<sup>st</sup>

 $2^{nd}$ 

 $3^{rd}$ 

4<sup>th</sup>

1.Body leaning forward and eyes looking forward	Course Course	www.	Zynnway.	Zymwing.	www.
2.Arms bending and swinging quickly		Eyuman,	Symmetry Co. i. i.	L'c'a	
3.Heels kicking backwards to the hip		Elinny of		ZIMMA.	
	Assessor (no.)				

Task: Run 20 metres in a straight line; Emphasis - quick movement

## **Bunny jump (along a bench)**





1st 2nd

3<sup>rd</sup>

4<sup>th</sup>

1.Arms straight when bearing weight	S. Can	Symming.	Thursday.	Juman S	www.
2.Knees bending before the bounce	The state of the s	www.	**************************************	Jum A	Winning.
3.Hip lift higher than shoulders' level		TIMMAN TO THE TENTH OF THE TENT		Jum A	Anna in
4.No intermittent stopping		www.	Winning	Jum A	Winner of the state of the stat
A	ssessor (no.)				

Task: Do bunny jumps along a bench and move forward, with the feet landing alternatively on the left and right side of the bench; Emphasis - quick movement

#### **Standing high jump**



Successful

Unsuccessful

1st

9nd

**2rd** 

₁th

		$1^{sv}$	2114	314	4'''
1.Legs apart about the same as shoulder width		Ammyo		Ammyo and a second	Simming.
2.Knees bending before take-off					Simming.
3.Arms swinging forcefully					Simming.
4.Body fully stretched during the flight		Ammy a	Show of the state		d'in it
5.Knees bending and feet landing in the take-off position		A TONNE	ayrum (a)	www.	Winning
Assessor (no.)					

Task: With no run-up, jump forcefully upwards; Emphasis - body stretching

## **Standing long jump**





 $1^{st}$ 

 $2^{nd}$ 

 $3^{rd}$ 

 $4^{th}$ 

1.Legs apart about the same as shoulder width		Elimina de la companya della companya della companya de la companya de la companya della company	and	Jum A	anny in
2.Knees bending before take- off		Zymming.	anning the state of the state o	Jum A	Elina in
3.Arms swinging forcefully		Juman .	Jumin .	Summa,	Simming.
4.Body fully stretched during the flight	S. Carlo	Juman .	Alman .	Summing	Jumin .
5.Knees bending, landing steadily		Juman .	anning.	Jum A	Simming.
Assessor (no.)					

Task: With no run-up, jump forcefully forward; Emphasis - body stretching

## **Hopping**

Successful

www.

Unsuccessful

 $1^{st}$ 

 $2^{\mathrm{nd}}$ 

 $3^{\mathrm{rd}}$ 

 $4^{th}$ 

				-	
1.Non-weight-bearing leg swinging forward and backwards		Emman.	Shring.	anning.	Elmming.
2.Arms bending and swinging forward and backwards		www.	Elina in	Elining .	Elaman,
3.No intermittent stopping		Jumming.	Juma,	Jumas	Amming.
	Assessor (no.)				

Task: Move forward on one leg a distance of 5 metres; Emphasis – quick movement

#### **Leaping**



Successful



Unsuccessful

 $1^{
m st}$ 

 $2^{\mathrm{nd}}$ 

 $3^{rd}$ 

 $4^{th}$ 

1.Show correct steps			wind in the second		Winny of
2.Legs spliting and stretching forward and backwards during the flight	Carry	William Com	Juma,	Juman S	Zymning.
3.Land steadily and able to run forward afterwards		WWW.	anny.	Jumps	www.
	Assessor (no.)				

Task: With a run-up of three to five steps, and a one-foot take-off go over a pyramid skittle lying flat on the ground; Emphasis – <u>adequate splitting and stretching of legs</u>

#### **Sideward rolling**



ıl

In avance of

Unsuccessful

 $1^{st}$ 

 $2^{nd}$ 

3<sup>rd</sup>

4<sup>th</sup>

1.Legs apart slightly wider than shoulder width		yuman j	Simming.	Juman D	Jumin S
2.Face forward before and after rolling		Juming.	anning.	Jum Andrews	anny.
3.Bear weight with palms or arms when falling		Juman	Jumin .	Jum A	Jumin .
4.Smooth rolling without bumpiness		Jumas .	Alman .	Jum A	Simming.
A	Assessor (no.)				

Task: Fall sideways from a half squat, roll over on the back and resume a half squat; Emphasis - <u>smooth movement</u>

#### Forward rolling







 $1^{\mathrm{st}}$ 

 $2^{\mathrm{nd}}$ 

 $3^{rd}$ 

 $4^{th}$ 

1.Correct movement	2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Winning	Winny	Jumin S	Elmming.
2.Smooth rolling without bumpiness			Zinning.	enumber of the second	and a second
3.No palm support to standing position after the roll		www.	anning.	anning.	Winning.
	Assessor (no.)				

Task: Fall forward from a squat, roll over on the back and hip and resume a squat; Emphasis - smooth movement

#### **Airborne turning**



Successful



Unsuccessful

 $1^{st}$ 

 $2^{nd}$ 

 $3^{rd}$ 

 $4^{th}$ 

1.Knees bending before take-off			www.		anning the state of the state o
2.Turn initiated by arm movement		www.	www.	www.	www.
3.Body straight			Winny in		www.
4.Knees bending, landing steadily				Wind of the state	Zymny h
	Assessor (no.)				

Task: Jump upwards and turn the body in the air 90 degrees or more; Emphasis - soft landing

## Single poses (with music)







Unsuccessful

 $1^{st}$ 

2<sup>nd</sup>

 $3^{\text{rd}}$ 

 $4^{th}$ 

1.Match music beats when changing poses				anning.	Winning.
2.At least 3 different poses				anning.	www.
3.Appropriate facial expressions					www.
4.Good flow of movement		www.	www.	Summer of the second	anny of
A	ssessor (no.)				

Task: Follow musical rhythm and switch from one pose to another; Emphasis - rhythmic sense

#### **Bouncing**



Unsuccessful

 $1^{st}$ 

2nd

3rd

 $4^{th}$ 

1.Knees flexing slightly		Juman S	Amming	Jum A	Ammy .
2.Fingers spreading naturally	C.D	Shings of	anning the state of the state o	Jum A	Elimine .
3.Clear "Pushing" movements		Juman S	anning.	Jumman	Winning .
4.Bounce at waist level		yuman b	TIMMIN	Jum A	Alman
<i>-</i>	Assessor (no.)				

Task: Stand stationary and bounce a ball on the ground as many times as possible; Emphasis - good control of the ball



#### Passing and catching







Unsuccessfu

 $1^{st}$ 

2<sup>nd</sup>

 $3^{rd}$ 

4<sup>th</sup>

1.Eyes on the coming ball	Comp.		Winny or	Zymming.	
2.Hands reaching out for the ball			Summing.	Juman de la company de la comp	anning.
3.Arms bending and pushing to strengthen the force of passing				Ammyo d	"
4.Knees flexing slightly		Zymming.		Juman J	Simming.
A	Assessor (no.)				

Task: Catch an oncoming volleyball with both hands and then pass it; Emphasis – good judgment

#### **Striking**



Successful

Unsuccessful

 $1^{
m st}$ 

2<sup>nd</sup>

 $3^{rd}$ 

 $4^{th}$ 

1.Arm stretching backwards (with a bat)		Juman Juman	Jumin	Jum A	Simming.
2.Body twisting to the opposite side to strengthen the striking motion		Zimmy.	Jumin S	Jum A	Simming.
3.Clear follow through		Winds of the second	Winner of the state of the stat	yum no	Jumin S
4.Good flow of movement		Wind of the second	www.	www.	Simming.
	Assessor (no.)				

Task: Drop a tennis ball in front of the body and, when it bounces up, hit it 10 metres or more; Emphasis – good judgment

#### **Kicking**







1st

2nd

3<sup>rd</sup>

4<sup>th</sup>

1.Weight-bearing foot placed by the side of the ball		anning	Zymny,	Junion S	Zimming.
2.Kicking leg swinging backwards		A THINK	Zymming.	Juman .	Zymming.
3.Clear follow through		A THE STATE OF THE	A TONNY D	Juman de la company de la comp	Zymming.
4.Smooth approach run		A THINK	W. C. J.	Jumin .	Zymmly
A	ssessor (no.)				

Task: With a run-up of two to three steps, kick a placed volleyball 10 metres or more; Emphasis - smooth movement

## **Dribbling (with foot)**



Unsuccessful

 $1^{st}$ 

 $2^{nd}$ 

3rd

 $4^{th}$ 

		_	<del>_</del>		_
Ball maintained within a distance of one to two steps from the foot		Junion -	Simming.	www.	Jumin J
2.Head raised, looking forward		Elman P	Simming.	WWW.	Juming.
3.No intermittent stopping	200	Juman Juman	Simming.	www.	Jumin S
4.Along the pathway as designated	• ENV (8046 / 7/10/6/20)	Jumas .	Jumin .	annon de la companya	Jumin .
A	ssessor (no.)				

Task: Control a volleyball with the foot and move it along a designated pathway; Emphasis – movement along the pathway as designated

## **Moving to music**





1st

2nd

3rd

⊿th

	150	Zna	314	$4^{m}$
1.Sliding matches rhythm	www.	ammy.	Simming.	Zymming.
2.Galloping matches rthythm	* · · · · · · · · · · · · · · · · · · ·	anny.	Simming.	Zymmy,
3.Step-hopping matches rhythm	* mm	www.	Simming .	Zymmy,
4.Skipping matches rhythm	Elmwy .	E IMMA	Simming.	Zymwy.
Assessor (no.)				

Task: Follow musical rhythm when performing locomotor skills; Emphasis - <u>rhythmic sense</u>

#### Solo movement sequence



Unsuccessful

	$1^{ m st}$	$2^{ m nd}$	$3^{\mathrm{rd}}$	$4^{ m th}$
1.Clear beginning and ending poses	Amming.	anny.	Jum A	A
2. Varied movements	Simming.	Zymny,	Simming of the second	
3.Varied pathways	Simming.	www.	Juming.	anning.
4.Good flow of movement	Simming.	Zymny,	Juming.	Simming.
Assessor (no.)				

Task: Show three different poses with locomotor skills in between; Emphasis - variety

## Solo movement sequence (with apparatus)







Unsuccessfu

1st

2nd

3rd

4<sup>th</sup>

1.Clear beginning and ending poses		Simming.	Winning .	www.	www.
2.Varied apparatus		Ammy -	Winning.	Emmy.	Emmy .
3. Varied pathways			"	www.	
4.Good flow of movement		Ammy	Army	www.	annothing the state of the stat
Assessor	(no.)				

Task: Show three different poses that involve using small apparatus and with locomotor skills in between; Emphasis - <u>variety</u>

# Solo movement sequence (with music)



Unsuccessful

1st

 $2^{\mathrm{nd}}$ 

 $3^{\mathrm{rd}}$ 

 $4^{\mathrm{th}}$ 

1.Movements match rhythm		Simmy of the state	Zymmy,	Jum A	Juming.
2.At least 3 different movements		anny b	anning	Emmy	anning.
3.Varied pathways		www.	www.	Jum A	Emmy -
4.Good flow of movement		The state of the s	Zymmy,	WWW.	www.
Asse	ssor (no.)				

Task: Follow musical rhythm and switch from one body movement to another; Emphasis - <u>rhythmic sense</u>

#### Zone game







1st

2<sup>nd</sup>

3rd

4<sup>th</sup>

·					
1.Attack the open space of the opponent		Ammyo	Winning of the state of the sta	Emmy .	Winny or
2.Adjust standing position to avoid the occurance of open space on own side				Summy .	www.
3.Communication between team members			". " " " " " " " " " " " " " " " " " "	Simmy of the state	www.
4.Devotion to the game			Winner of the state of the stat	Simmy of	www.
	Assessor (no.)				

Task: Can be any game; may refer to volleyball, badminton, tennis, table tennis, etc; Emphasis - appropriate use of space

#### **Confrontation game**



Successful

1st

 $2^{nd}$ 

Unsuccessful

3<sup>rd</sup>

4<sup>th</sup>

				_	
1.Attack the open space of the opponent		Winning .	www.	ammy b	a mining
2.Intercept movements against the opponent		Thinks of		Juman,	Sammy Sammy
3.Break-away movements against the opponent		www.	anning.	Simming.	anny of
4. Communication between team members		Jumn,		Jumn,	anning.
5.Devotion to the game		Junion S	Simming.	Juming.	* Immin
A	Assessor (no.)				

Task: Can be any game; may refer to football, basketball, handball, captain ball, etc; Emphasis – <u>effective defence and offence movements</u>