

Galloping



Successful



Unsuccessful

1st

2nd

3rd

4th

1.Show correct steps					
2.Apparent (or clear) lift-off					
3.No intermittent stopping					
4.Good flow of movement					
Assessor (no.)					

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

Step-hopping



Successful



Unsuccessful

1st

2nd

3rd

4th

1.Show correct steps					
2.High and obvious knee-lift for the hop					
3.Forceful step					
4.Good flow of movement					
Assessor (no.)					

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

Skipping



Successful



Unsuccessful

1st

2nd

3rd

4th

1.Show correct steps					
2.Low knee-lift for the hop					
3.Sole close to ground at the hop					
4.Good flow of movement					
Assessor (no.)					

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

Landing **(jump from hip joint height)**



Successful



Unsuccessful

1st

2nd










3rd

4th

1.Hands stretch out sideways for balance					
2.Well balanced in the air					
3.Knees bend, landing steadily					
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	2 nd	3 rd	4 th
1. Quick response					
2. Knees bend while changing direction or in snap stop					
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

		Successful		Unsuccessful	
		1 st	2 nd	3 rd	4 th
1. Use different body parts for weight-bearing					
2. Show at least 2 different body shapes					
3. Maintain a pose for at least 3 seconds					
4. Smooth switch from one pose to another					
Assessor (no.)					

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

Under-arm rolling a ball



Successful



Unsuccessful

1st

2nd

3rd

4th

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					
Assessor (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



Unsuccessful

1st

2nd

3rd

4th

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					

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

Under-arm throwing (a bean bag)



Successful



Unsuccessful

1st

2nd

3rd

4th

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					
4. Good flow of movement					
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



Unsuccessful

1st

2nd

3rd

4th

1. Arm stretched backwards (with a bean bag)					
2. Body twisting to the opposite side to strengthen the throwing motion					
3. Apparent follow through					
4. Good flow of movement					
Assessor (no.)					

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

Punting **(a ball or a shuttlecock)**



Successful

















Unsuccessful

1st

2nd

3rd

4th

1.Kick the ball forward					
2.Apparent follow through					
3.Good flow of movement					
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













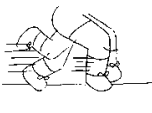




Unsuccessful

1st

2nd

3rd

4th

1.Body leaning forward and eyes looking forward					
2.Arms bending and swinging quickly					
3.Heels kicking backwards to the hip					
Assessor (no.)					

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

Bunny jump (along a bench)



Successful



Unsuccessful

1st

2nd

3rd

4th

1.Arms straight when bearing weight					
2.Knees bending before the bounce					
3.Hip lift higher than shoulders' level					
4.No intermittent stopping					
Assessor (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

2nd

3rd

4th

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 and feet landing in the take-off position					
Assessor (no.)					

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

Standing long jump



Successful



Unsuccessful

1st

2nd

3rd

4th

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					
Assessor (no.)					

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

Hopping



Successful



Unsuccessful

1st

2nd


















3rd

4th

1. Non-weight-bearing leg swinging forward and backwards					
2. Arms bending and swinging forward and backwards					
3. No intermittent stopping					
Assessor (no.)					






















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

Leaping

					
		Successful	Unsuccessful		
		1 st	2 nd	3 rd	4 th
1.Show correct steps					
2.Legs splitting and stretching forward and backwards during the flight					
3.Land steadily and able to run forward afterwards					
	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 – adequate splitting and stretching of legs

Sideward rolling

					
		Successful	Unsuccessful		
		1 st	2 nd	3 rd	4 th
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					
	Assessor (no.)				

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

Forward rolling



Successful



Unsuccessful

1st

2nd

3rd

4th

1. Correct movement					
2. Smooth rolling without bumpiness					
3. No palm support to standing position after the roll					
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

1st

2nd



















3rd

4th

1. Knees bending before take-off					
2. Turn initiated by arm movement					
3. Body straight					
4. Knees bending, landing steadily					
Assessor (no.)					























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

Single poses (with music)

					
		1 st	2 nd	3 rd	4 th
1.Match music beats when changing poses					
2.At least 3 different poses					
3.Appropriate facial expressions					
4.Good flow of movement					
Assessor (no.)					

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

Bouncing

					
		1 st	2 nd	3 rd	4 th
1.Knees flexing slightly					
2.Fingers spreading naturally					
3.Clear "Pushing" movements					
4.Bounce at waist level					
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



Successful



Unsuccessful

1st

2nd

3rd

4th

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					
Assessor (no.)					

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

Striking



Successful



Unsuccessful

1st

2nd

3rd

4th

1. Arm stretching backwards (with a bat)					
2. Body twisting to the opposite side to strengthen the striking motion					
3. Clear follow through					
4. Good flow of movement					
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



Successful



Unsuccessful

1st

2nd

3rd

4th

1.Weight-bearing foot placed by the side of the ball					
2.Kicking leg swinging backwards					
3.Clear follow through					
4.Smooth approach run					
Assessor (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)



Successful



Unsuccessful

1st

2nd

3rd

4th

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					
Assessor (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



Successful



Unsuccessful

1st

2nd

3rd

4th

1.Sliding matches rhythm					
2.Galloping matches rhythm					
3.Step-hopping matches rhythm					
4.Skipping matches rhythm					
Assessor (no.)					

Task: Follow musical rhythm when performing locomotor skills; Emphasis - rhythmic sense

Solo movement sequence



Successful



Unsuccessful

1st

2nd

3rd

4th

1.Clear beginning and ending poses					
2.Varied movements					
3.Varied pathways					
4.Good flow of movement					
Assessor (no.)					

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

Solo movement sequence **(with apparatus)**



Successful



Unsuccessful

1st

2nd

3rd

4th

1. Clear beginning and ending poses					
2. Varied apparatus					
3. Varied pathways					
4. Good flow of movement					
Assessor (no.)					

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

Solo movement sequence **(with music)**



Successful



Unsuccessful

1st

2nd

3rd

4th

1. Movements match rhythm					
2. At least 3 different movements					
3. Varied pathways					
4. Good flow of movement					
Assessor (no.)					

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

Zone game



Successful



Unsuccessful

1st

2nd

3rd

4th

1. Attack the open space of the opponent					
2. Adjust standing position to avoid the occurrence of open space on own side					
3. Communication between team members					
4. Devotion to the game					
Assessor (no.)					

Task: Can be any game; may refer to volleyball, badminton, tennis, table tennis, etc;

Emphasis - appropriate use of space

Confrontation game



Successful



Unsuccessful

1st

2nd

3rd

4th

1. Attack the open space of the opponent					
2. Intercept movements against the opponent					
3. Break-away movements against the opponent					
4. Communication between team members					
5. Devotion to the game					
Assessor (no.)					

Task: Can be any game; may refer to football, basketball, handball, captain ball, etc;

Emphasis - effective defence and offence movements