

LOCOMOTOR SKILLS: Estimation Activity

Skill	Y/N Performance Criteria	25	50
RUN	<ol style="list-style-type: none"> 1. Brief period where both feet are off the ground 2. Arms in opposition to legs, elbows bent 3. Narrow foot placement near or on a line (not flat footed) 4. Nonsupport leg bent approximately 90 degrees (close to buttocks) 	Trial 1	
		Trial 2	
		Trial 3	
		Trial 4	
		Trial 4	
GALLOP	<ol style="list-style-type: none"> 1. Step forward with the lead foot followed by a step with the trailing foot to a position adjacent to or behind the lead foot 2. Brief period where both feet are off the ground 3. Arms bent and lifted to waist level 4. Maintain a rhythmic pattern for four consecutive gallops 	1	
		2	
		3	
		4	
		4	
HOP	<ol style="list-style-type: none"> 1. Foot of nonsupport leg is bent and carried back of the body 2. Nonsupport leg swings in pendular fashion to produce force 3. Arms bent at elbows and swing forward on take off 4. Takes off and lands three consecutive times on non-preferred foot <p>Takes off and lands three consecutive times on preferred foot</p>	1	
		2	
		3	
		4	
		4	
LEAP	<ol style="list-style-type: none"> 1. Take off on one foot and land on the opposite foot 2. A period where both feet are off the ground (longer than running) 3. Forward reach with arm opposite the lead foot 		
HORIZONTAL JUMP	<ol style="list-style-type: none"> 1. Preparatory movement includes flexion of both knees with arms extended behind the body 2. Arms extend forcefully forward and upward, reaching full extension above head 3. Take off and land on both feet simultaneously 4. Arms are brought downward during landing 		
SKIP	<ol style="list-style-type: none"> 1. A rhythmical repetition of the step-hop on alternate feet 2. Foot of nonsupport leg carried near surface during hop 3. Arms alternately moving in opposition to legs at about waist level 		
SLIDE	<ol style="list-style-type: none"> 1. Body turned sideways to desired direction of travel 2. A step sideways followed by a slide of the trailing foot to a point next to the lead foot 3. A min. of four continuous step-slide cycles to the right 4. A min. of four continuous step-slide cycles to the left 		

TGMD: OBJECT CONTROL SKILLS

Skill	Performance Criteria	Completed
TWO-HAND STRIKE	1. Dominate hand grips bat above nondominate hand	<input type="checkbox"/>
	2. Nondominate side of body faces the tosser (feet parallel)	<input type="checkbox"/>
	3. Hip and spine rotation	<input type="checkbox"/>
	4. Weight is transferred by stepping with front foot	<input type="checkbox"/>
	5. Bat contacts ball	<input type="checkbox"/>
STATIONARY Dribble	1. Contact ball with one hand at about hip height	<input type="checkbox"/>
	2. Pushes ball with fingers (not a slap)	<input type="checkbox"/>
	3. Ball contacts floor in front of (or outside of) foot on the side of hand being used	<input type="checkbox"/>
	4. Maintains control of ball for 4 consecutive bounces without moving feet	<input type="checkbox"/>
CATCH	1. Preparation phase where elbows are flexed and hands are in front of body	<input type="checkbox"/>
	2. Arms extend in preparation for ball contact	<input type="checkbox"/>
	3. Ball is caught and controlled by hands only	<input type="checkbox"/>
KICK	1. Rapid continuous approach to the ball	<input type="checkbox"/>
	2. Elongated stride into ball with trunk inclined backward during ball contact	<input type="checkbox"/>
	3. Non kicking foot even or slightly in back of the ball	<input type="checkbox"/>
	4. Kicks ball with preferred foot, shoelaces or toe	<input type="checkbox"/>
OVERHAND THROW	1. A downward arc of the throwing arm initiates the windup	<input type="checkbox"/>
	2. Rotation of the hip and shoulder to a point where the nondominant side faces an imaginary target	<input type="checkbox"/>
	3. Weight is transferred by stepping with the foot opposite the throwing hand	<input type="checkbox"/>
	4. Following-through beyond ball release diagonally across body toward side opposite throwing arm	<input type="checkbox"/>
UNDERHAND ROLL	1. Preferred hand swings down and back, reaching behind the trunk while chest faces cones	<input type="checkbox"/>
	2. Strides forward with foot opposite the preferred hand hand towards the cones	<input type="checkbox"/>
	3. Bends knee to lower body	<input type="checkbox"/>
	4. Releases ball close to the floor so ball does not bounce more than 4 inches high	<input type="checkbox"/>