# Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

#### Manipulative Skills

Students demonstrate manipulative skill such as catching objects in increasingly complex situations

Exceeds	In addition to the 3, creates movement sequences or applies skill beyond expectations.
3	Demonstrates the appropriate form of catching skills in movement sequences or game situations.
2	Demonstrates catching skills in isolation.
1	Demonstrates limited knowledge or ability of basic catching skills.

#### Critical Knowledge & Skills

- Stand facing target, feet are shoulder-width apart, eyes on approaching object (tracking), elbows bent near side, hands in front of body, thumbs and fingers extended and <u>relaxed</u>
- Step to meet thrown object (non-dominant foot)

#### Ball Above Waist

 Hands in front of body, elbows near side, thumbs point together

#### **Ball Below Waist**

- Hands in front of body, elbows near side, pinkies point together
- Catch object with fingers only, do not trap against <u>body</u>
- Absorb force of throw by bringing extended arms back towards body

#### Suggested Tasks & Assessments

#### Examples of "in movement sequences or game situations)

- Student maintains form and can use appropriate catching skills during movement sequences or games (ball above waist=thumbs together, ball below waist=pinkies together).
- Student catches and maintains control of a ball thrown from a moving partner
- Student catches and maintains control of a ball over a net/boundary line during a game
- Student catches a Frisbee in ultimate Frisbee

#### (Examples of "in isolation")

- Student tells catching (cues) and explores how to catch a self-tossed ball.
- Student catches a ball from a partner at a station or in a line using mostly correct form.

#### (Examples of "limited knowledge or ability")

- Student can not tell catching (cues)
- Student can use catching skills but with limited control
- <u>Student</u> can not demonstrate how to catch a ball and maintain control.



J Elliott

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