



## Object movement

### Throwing (1)

### Throwing & Catching (2)

### Bouncing (3)

### Dribbling (4)



#### Qualification

Hitting a small target.

Catching a ball while moving.

Bouncing a ball without losing control.

Dribbling a ball without losing control.

#### Test item

The child throws 6 juggling balls at a target.

The child throws a tennis ball at the wall and catches it directly when still in the air.

The child bounces quickly back and forth through an obstacle course.

The child dribbles quickly back and forth through an obstacle course.

#### Criteria

The child has to stand behind the vaulting box. Overhead throws only. Pushing the ball is allowed. Hitting the target counts as a point.

The child has to stay behind the scratch line while throwing. Overhead throw. Scratch line can be stepped over for catching. Ball is caught directly after rebound from the wall. Ball has to be hold for at least 1 sec after catching.

The ball can be bounced with the left or the right hand. The ball may not be held or lost nor leave the corridor. The obstacles may not be touched. Only 25 sec per attempt allowed.

Constant movement. The ball may not be held or lost nor leave the corridor. The obstacles may not be touched. Only 25 sec per attempt allowed.

#### Evaluation

6 attempts, number of hits is recorded.

6 attempts, number of successful attempts is recorded.

2 attempts, number of successful attempts is recorded.

2 attempts, number of successful attempts is recorded.

#### Test set-up

A target is placed at a 1.3 m height (lower edge). A scratch line is placed 3.5 m away from the target. The edge of a vaulting box is placed on the scratch line.

A scratch line of 1.5 m width is marked 4.0 m away from the wall.

Marked corridor (8.0 m x 1.1 m) with four obstacles (0.7 m wide, 2 poles with T-Shirt) at a distance of 1.5 m; 0.5 m; 4.0 m; 0.5 m. Pole marking the end at a distance of 0.5 m from the corridor.

Marked corridor (8.0 m x 1.1 m) with four obstacles (0.7 cm wide, 2 cones with tape) at a distance of 1.0 m; 1.5 m; 3.0 m; 1.5 m. Cone marking the end at a distance of 0.5 m from the corridor.

#### Materials

- 6 juggling balls (Diameter: 75 mm, 125 g)
- 1 target (Diameter: 40 cm)
- Upper part of a vaulting box
- Tape

- 4 tennis balls
- Tape

- 1 basketball (Size 6)
- 9 poles
- 4 T-Shirts (Size L)
- Stopwatch
- Tape

- 1 soccer ball (Size 4)
- 9 cones (h: 23 cm high, w: 13 cm)
- Stopwatch
- Tape



## Self-movement

### Balancing (5)

### Rolling (6)

### Rope skipping (7)

### Moving variably (8)

