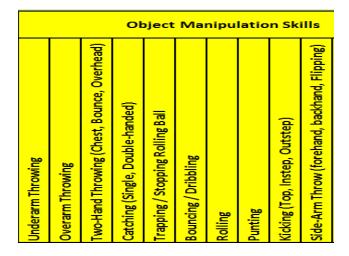


## Physical Literacy Fundamental Motor Skills: Object Manipulation



| Assessment for Fundamental Motor Skills |               |    |   |   |  |   | Name of Student-Athletes |   |   |   |   |   |   |        |  |  |  |
|---|---------------|----|---|---|--|---|--------------------------|---|---|---|---|---|---|--------|--|--|--|
| Object Manipulation                     |               |    |   |   |  | 2 | 3                        | 4 | 5 | 6 | 7 | 8 | 9 | 1<br>0 |  |  |  |
| Name of<br>Assessor :<br>Academy :      |               |    |   |   |  |   |                          |   |   |   |   |   |   |        |  |  |  |
| N<br>o                                  | Co<br>ep      | nc |   | Criteria  |  |   |                          |   |   |   |   |   |   |        |  |  |  |
| 3                                       | Overarm Throw |    | 1 | Body remains straight with little or no truck-<br>shoulder rotation.                          |  |   |                          |   |   |   |   |   |   |        |  |  |  |
|   |               |    | 2 | Throwing arm swings and brings ball to head level.  |  |   |                          |   |   |   |   |   |   |        |  |  |  |
|   |               |    |   | Body turns (rotates) slightly towards throwing side.  |  |   |                          |   |   |   |   |   |   |        |  |  |  |
|   |               |    | 3 | During preparation, throwing arm swings backward and upward, away from line of travel.        |  |   |                          |   |   |   |   |   |   |        |  |  |  |
|   |               |    |   | Elbow leading the throw.  |  |   |                          |   |   |   |   |   |   |        |  |  |  |
|   |               |    |   | A forward step is taken with the foot opposite the throwing arm                               |  |   |                          |   |   |   |   |   |   |        |  |  |  |
|   |               |    |   | During throw, body rotates to face forward and body weight transfers from back to front foot. |  |   |                          |   |   |   |   |   |   |        |  |  |  |
| Grading                                 |               |    |   | 1-3   |  |   |                          |   |   |   |   |   |   |        |  |  |  |

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