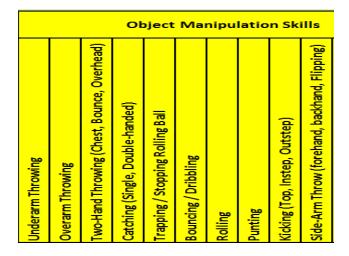


Physical Literacy Fundamental Motor Skills: Object Manipulation



Assessment for Fundamental Motor Skills							Name of Student-Athletes										
Object Manipulation						2	3	4	5	6	7	8	9	1 0			
Name of Assessor : Academy :																	
N o	Co ep	nc		Criteria													
3	Overarm Throw		1	Body remains straight with little or no truck- 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													

For more information: http://www.sportsschool.edu.sg/GeneralPageDetails.aspx?id=49&IsSubSub=1

