







## Object movement

	Object movement			
	Throwing (1)	Catching and throwing (2)	Bouncing (3)	Dribbling (4)
				
<b>Qualification</b>	Hitting a small target.	Catching a ball while moving.	Bouncing a ball without losing control.	Dribbling a ball without losing control.
<b>Test task</b>	The child throws 6 juggling balls at a target from a distance of 3.0 m.	The child throws up a ball behind the first line, follows the ball and catches it behind the second line.	The child bounces a ball from the starting point around the obstacles to the cone and back without losing the ball.	The child dribbles with the ball from the starting point around the obstacles to the cone and back without losing the ball.
<b>Criteria</b>	Hitting the target counts as a point. Overhead casts only. No stepping over the scratch line.	The ball is to be caught when still in the air. While catching, at least one foot has to be on or behind the second line.	The ball can be bounced with two hands. The ball may not be held or lost, nor leave the corridor. Obstacles may be touched as long as the flow of movement is not interrupted.	Constant movement. The ball may not be lost, nor leave the corridor. Obstacles may be touched as long as the flow of movement is not interrupted.
<b>Evaluation</b>	6 attempts, number of hits is recorded.	6 attempts, number of hits is recorded.	2 attempts, number of successful attempts is recorded.	2 attempts, number of successful attempts is recorded.
<b>Test set-up</b>	A target is placed at a 1.3 m height (lower edge). A scratch line is placed 3.0 m away from the target.	Two lines at a distance of 1.5 m are marked with ground markings, e.g. free-throw line and throw circle.	Marked corridor using tape (7.5 m x 1.4 m). Obstacles (70 cm wide at a distance of each 1.5 m). Cones as end markers.	Marked corridor using tape (7.5 m x 1.4 m). Obstacles (70 cm wide at a distance of each 1.5 m). Cones as end markers.
<b>Materials</b>	<ul style="list-style-type: none"> <li>• 6 juggling balls</li> <li>• 1 target (diameter: 40 cm)</li> <li>• Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small gymnastic ball (diameter: 17 cm)</li> <li>• Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 1 small basketball (size 3, diameter: 17 cm)</li> <li>• 4 obstacles (8 poles, 4 T-Shirts)</li> <li>• 1 cone</li> <li>• Tape</li> </ul>	<ul style="list-style-type: none"> <li>• 1 soccer ball</li> <li>• 4 obstacles (8 poles, 4 T-Shirts)</li> <li>• 1 cone</li> <li>• Tape</li> </ul>



## Self-movement

### Balancing (5)

### Forward roll (6)

### Rope skipping (7)

### Moving sideways (8)

