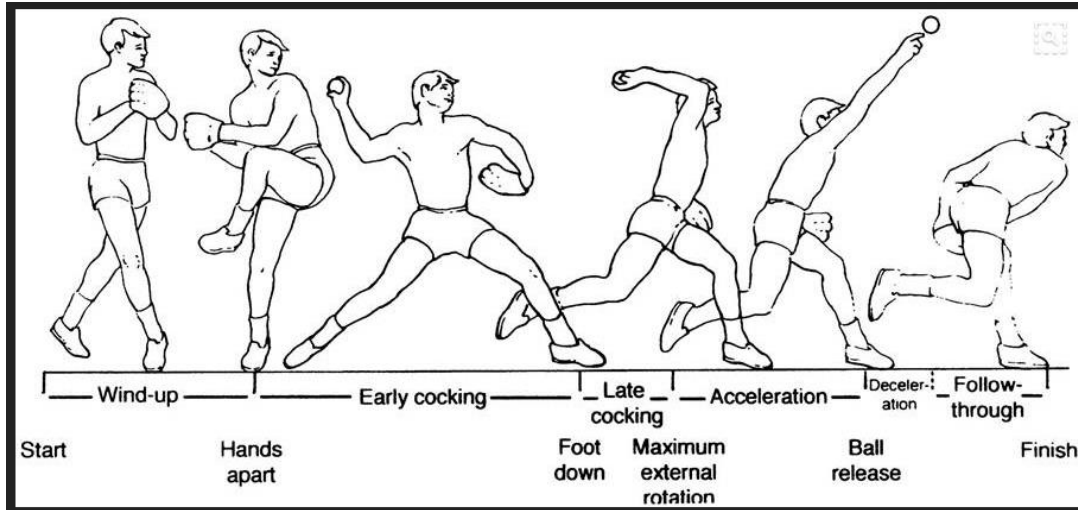


Task breakdown

Throwing



Catch



Standard 1	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
S1.E16 Manipulative <i>Catching</i>	Drops a ball and catches it before it bounces twice. (S1.E16.Ka) Catches a large ball tossed by a skilled thrower. (S1.E16.Kb)	Catches a soft object from a self-toss before it bounces. (S1.E16.1a) Catches various sizes of balls self-tossed or tossed by a skilled thrower. (S1.E16.1b)	Catches a self-tossed or well-thrown large ball with hands, not trapping or cradling against the body. (S1.E16.2)	Catches a gently tossed hand-size ball from a partner, demonstrating <u>4 of the 5</u> critical elements of a mature pattern. (S1.E16.3)	Catches a thrown ball above the head, at chest or waist level, and below the waist using a mature pattern in a non-dynamic environment (closed skills). (S1.E16.4)	Catches a batted ball above the head, at chest or waist level, and along the ground using a mature pattern in a nondynamic environment (closed skills). (S1.E16.5a) Catches with accuracy, both partners moving. (S1.E16.5b) Catches with reasonable accuracy in dynamic, small-sided practice tasks. (S1.E16.5c)

CHECKLIST RUBRIC - A list of essential/desirable behaviors or characteristics and a way to indicate whether they are present. No attempt is made to determine the degree of the quality of the behavior. Simply the behavior is recorded as present or absent. If the intent is to describe what students can or can not do, a checklist rubric is appropriate (see Figures 1, 2, 3, & 4).

<p>Overhand Throwing and Catching</p> <p>Name _____</p> <p>Check (v) and list the date to indicate which of the critical elements are PRESENT.</p> <p>Overhand Throw</p> <ol style="list-style-type: none"> 1. Contra-lateral step. _____ 2. Differential trunk rotation. _____ 3. Elbow flexed, away from body, and extended on back swing. _____ <p>Catch</p> <ol style="list-style-type: none"> 1. Elbows are flexed in preparation to catch. _____ 2. Hands adjust to the flight of the ball. _____ 3. Contact is made with hands and flexed elbows. _____ 4. Force of the ball is absorbed by the hands and arms. _____ <p><u>Performance Definitions</u></p> <p>Present - Demonstrated in MORE than half of the student's attempts in individual skill drill/task.</p> <p>Absent - Demonstrated in LESS than half of the student's attempts in individual skill drill/task.</p>

Figure 1. Checklist rubric for assessing the critical elements of the overhand throw and catch (designed for 2nd graders; encompasses Wyoming PE Grades K-4 CS1, B2).

FACE TOWARDS THE OBJECT

EXTEND YOUR ARMS OUTWARD
TO REACH FOR THE BALL.



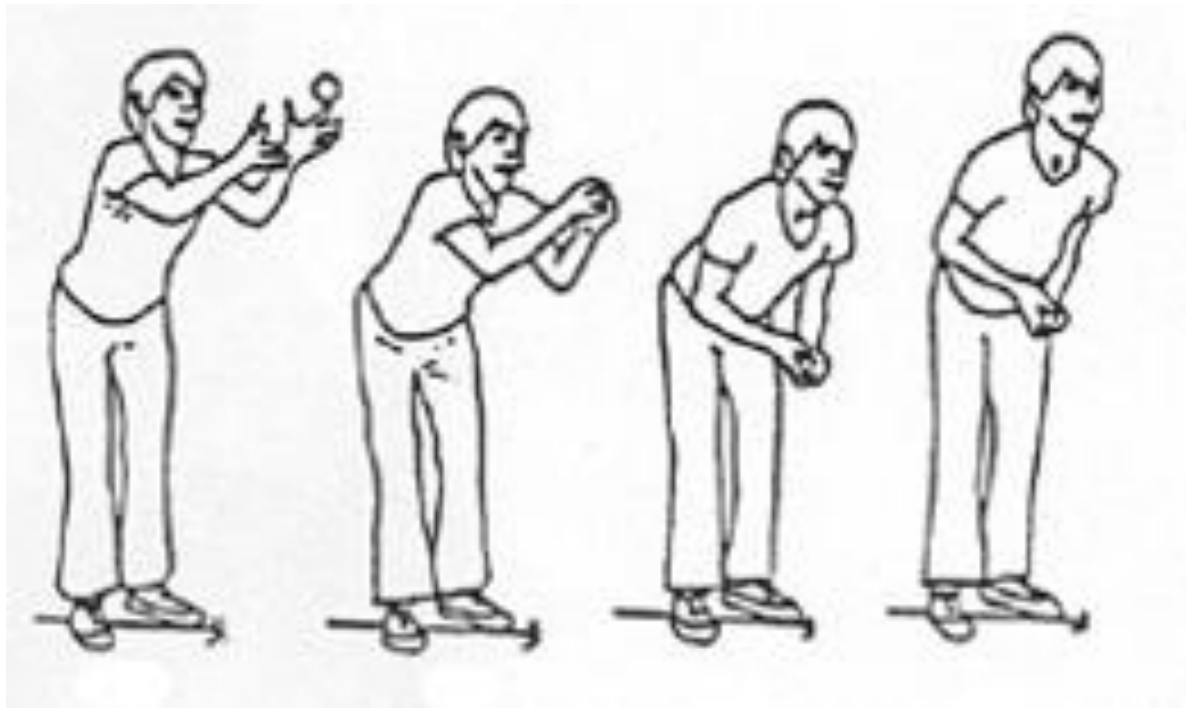
WATCH THE BALL ALL THE WAY TO
YOUR HANDS.



CATCH WITH YOUR HANDS ONLY.



ABSORB THE IMPACT



CATCHING



KEYS TO SUCCESS

EXTEND YOUR ARMS OUTWARD TO REACH FOR THE BALL.

WATCH THE BALL ALL THE WAY TO YOUR HANDS.

CATCH WITH YOUR HANDS ONLY.

PULL THE BALL TO YOUR BODY AS YOU MAKE THE CATCH.

CURL YOUR BODY AROUND THE BALL TO SECURE YOUR CATCH.