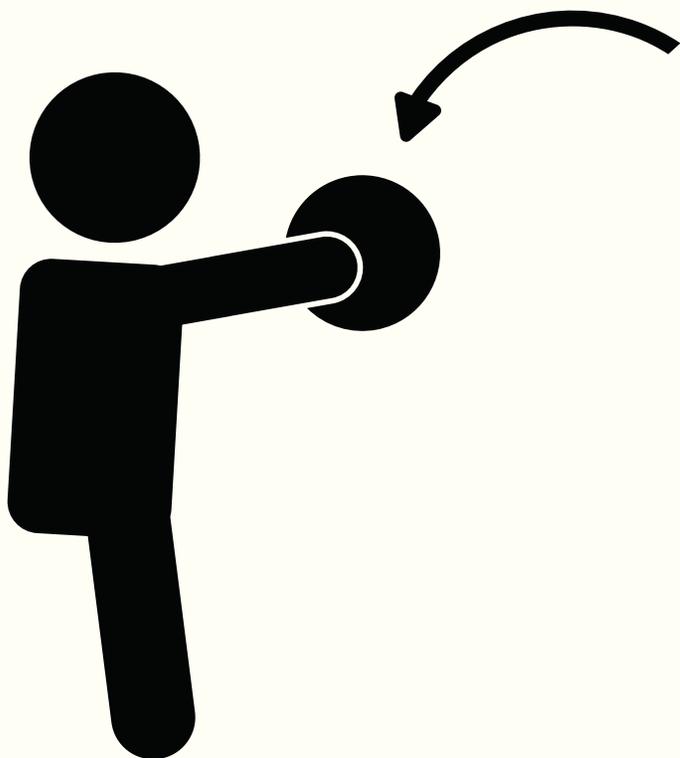


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Catching



Object Control



Before the ball is thrown to me,
I can put my hands in front of my
body with my elbows bent.



I can reach out towards the ball
as it arrives.



I can catch the ball with only my
two hands.



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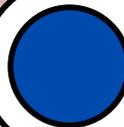
Dribbling



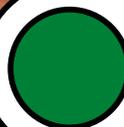
SCAN ME



Object Control



I can contact the ball with one hand at about waist level.



I can push the ball down with my fingertips.



I can keep control of the ball for 4 bounces in a row without moving my feet.

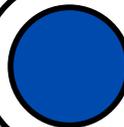


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Kicking



Object Control



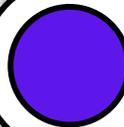
I can approach the ball in a rapid and continuous movement.



I can take a long stride or leap just before I kick the ball.



I can put my non-kicking foot close to the ball before I kick the ball.



I can kick the ball on the laces or on the inside of my kicking foot.



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One-Hand Forehand Striking



SCAN ME



Object Control



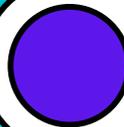
I can take a backswing with the paddle when the ball is bounced.



I can step forward with my non-preferred foot.



I can strike the ball toward the wall.



I can follow-through to the shoulder of my non-striking arm.



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Overhand Throwing



Object Control



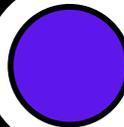
I can start my throw by moving my throwing hand and arm down.



I can rotate my hip and shoulder so that my non-throwing hand side faces the target.



I can step toward the target with the foot opposite my throwing arm.



After releasing the ball, **I can** follow through my throwing hand toward the hip of my non-throwing side.



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Two-Arm Striking



SCAN ME



Object Control



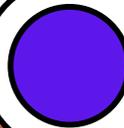
I can grip the bat with my preferred hand over my non-preferred hand.



I can have my non-preferred hip and shoulder face the object on the tee before striking.



I can rotate and derotate my hip and shoulder during my swing.



I can step forward with my non-preferred foot.



I can hit the ball off the tee to send it straight ahead.



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Underhand Throwing



SCAN ME



Object Control



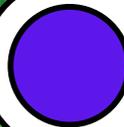
I can swing my preferred hand down and back before sending the object.



I can step forward with the foot opposite my throwing hand.



I can toss the ball forward to my target.



I can follow through, with my throwing arm, to at least my chest height.

