

# TESTING MY MOTOR SKILLS

★ Low level    ★★ Regular    ★★★ Good    ★★★★★ Perfect

2 EVALUATIONS:



ME



MY CLASSMATE

## JUMP WITH FEET TOGETHER

ME ★★★★★ CLASSMATE ★★★★★

Jump and fall with both feet at the same time, coordinating arms and legs



## 360° TURN

ME ★★★★★ CLASSMATE ★★★★★

Make a turn between 271° and 360°



## THROW BALL-POLE

ME ★★★★★ CLASSMATE ★★★★★

Fluid movement throwing with the opposite arm to the front leg



## KICK BALL-POST

ME ★★★★★ CLASSMATE ★★★★★

Balanced movement with the supporting leg and coordinating the arms.



## ZIGZAG RUNNING

ME ★★★★★ CLASSMATE ★★★★★

Coordinated running movement, adapting to change of direction



## DRIVING A BASKETBALL

ME ★★★★★ CLASSMATE ★★★★★

Coordinate the bounce in the movement, using both hands.



## DRIVING A SOCCER BALL

ME ★★★★★ CLASSMATE ★★★★★

Control the power of the kicks, keeping the eyes on the course (not the ball)



ME

Classmate

TOTAL SCORE



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