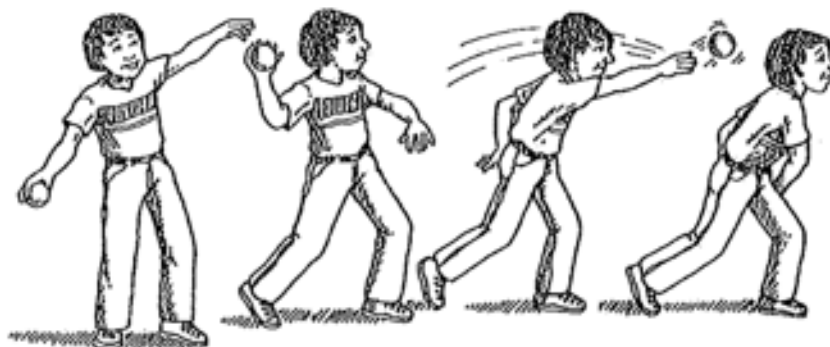


Common District Assessment - for Elem. PE: Overhand Throw

Skill	Materials	Directions	Performance Criteria
5. Overhand Throw	A tennis ball, a wall, tape, and 20 feet of clear space	Attach a piece of tape on the floor 20 feet from a wall. Have the child stand behind the 20-foot line facing the wall. Tell the child to throw the ball hard at the wall. Repeat a second trial.	<ol style="list-style-type: none"> 1. Windup is initiated with downward movement of hand/arm 2. Rotates hip and shoulders to a point where the nonthrowing side faces the wall 3. Weight is transferred by stepping with the foot opposite the throwing hand 4. Follow-through beyond ball release diagonally across the body toward the nonpreferred side

Skill Illustration



Skill	Materials	Directions	Performance Criteria
6. Underhand Roll	A tennis ball for children ages 3 to 6; a softball for children ages 7 to 10; two cones; tape; and 25 feet of clear space	Place the two cones against a wall so they are 4 feet apart. Attach a piece of tape on the floor 20 feet from the wall. Tell the child to roll the ball hard so that it goes between the cones. Repeat a second trial.	<ol style="list-style-type: none"> 1. Preferred hand swings down and back, reaching behind the trunk while chest faces cones 2. Strides forward with foot opposite the preferred hand toward the cones 3. Bends knees to lower body 4. Releases ball close to the floor so ball does not bounce more than 4 inches high

Skill Illustration

