

MOVEMENT FOR SPORT PLAYKIT

**A GAMES-BASED TOOL TO DEVELOP
AND ASSESS MOVEMENT SKILLS FOR
CHILDREN AGED 6–12 YEARS**



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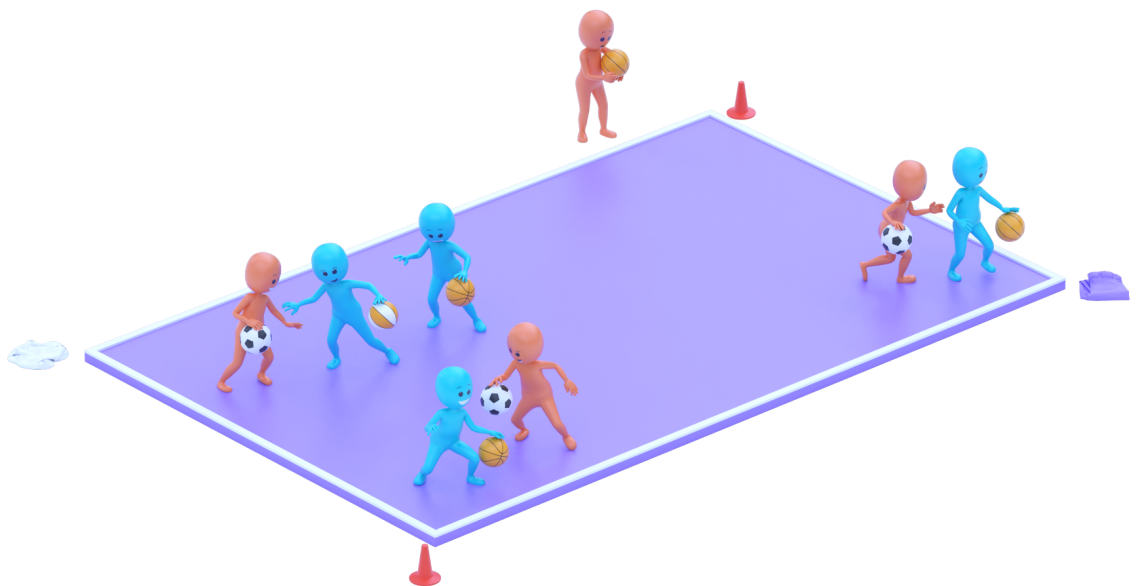
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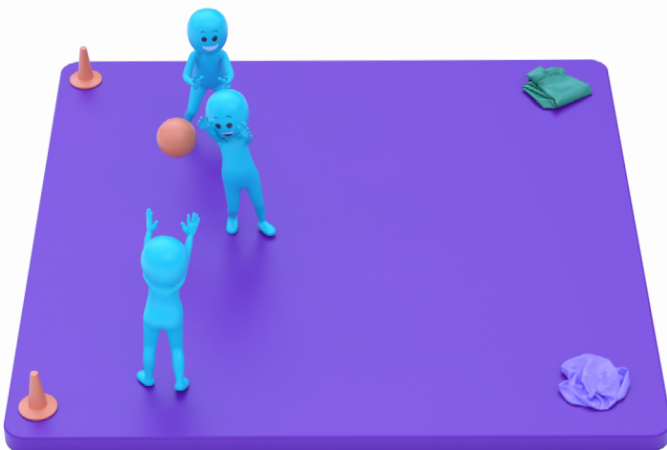
WELCOME TO THE MOVEMENT FOR SPORT PLAYKIT!

WHY DO WE NEED A MOVEMENT FOR SPORT PLAYKIT?

Today's children are the least active generation in history. Only 20% of children receive 60 minutes of physical activity a day recommended by the World Health Organization. There is a direct positive relationship between children's movement and their physical activity. So, it is crucial that we help children develop movement skills in a fun and positive way to prepare them for enjoyable involvement in physical activity and sport, for life.

WHAT DOES THE PLAYKIT DO?

This Playkit is designed for coaches to provide fun and progressively challenging activities for children aged 6–12 years and ensure that children develop a full range of movement skills, in terms of their stability, locomotion and object control. It helps coaches create an activity for children and assess their movement in a simple way that engages children along the way. Coaches can use the Playkit in any sport programme.



WHAT'S IN THE PLAYKIT?

1. Guidance notes, activities and initial assessment criteria
2. Further guidance on activity adaptation: Space, Effort, Relationship (SER)
3. Full body assessment criteria
4. FAQs

GUIDANCE NOTES: Explain how to play the suggested games and assess the movement.

ACTIVITIES: There are 14 activity cards illustrating how to play the activity and assess a child's specific movement within the activity being played. Activities are designed to develop movement skills arranged by the type of movement (Stability, Locomotion, Object Control) and three phases of complexity (Phase 1 that has fairly simple activities to Phase 3 that are more complex). Activities are connected across the phases. Each card contains 2 QR codes with examples of games and observation techniques.

ACTIVITY ADAPTION: Coaches who want to adapt activities to SER will find further guidance in the relevant section – Space, Effort, Relationship Adaptation Guide.

FULL BODY ASSESSMENT CRITERIA: Besides the initial assessment, coaches can familiarise themselves with the full body assessment criteria and take their assessment further.

FAQs: Provides answers to most common questions.

HOW TO USE IT?

It's important that the Playkit is used in a sustained way, rather than intermittently. We recommend that you use it in the following ways:

1

As a whole block with 14 activities delivered one at a time, working through Phases 1, 2 and 3.

2

Interspersed with your existing programme: as warm-ups or contrasting games to the ones you currently deliver. Just remember to introduce activities by Phase so children learn the skills in a progressive way.

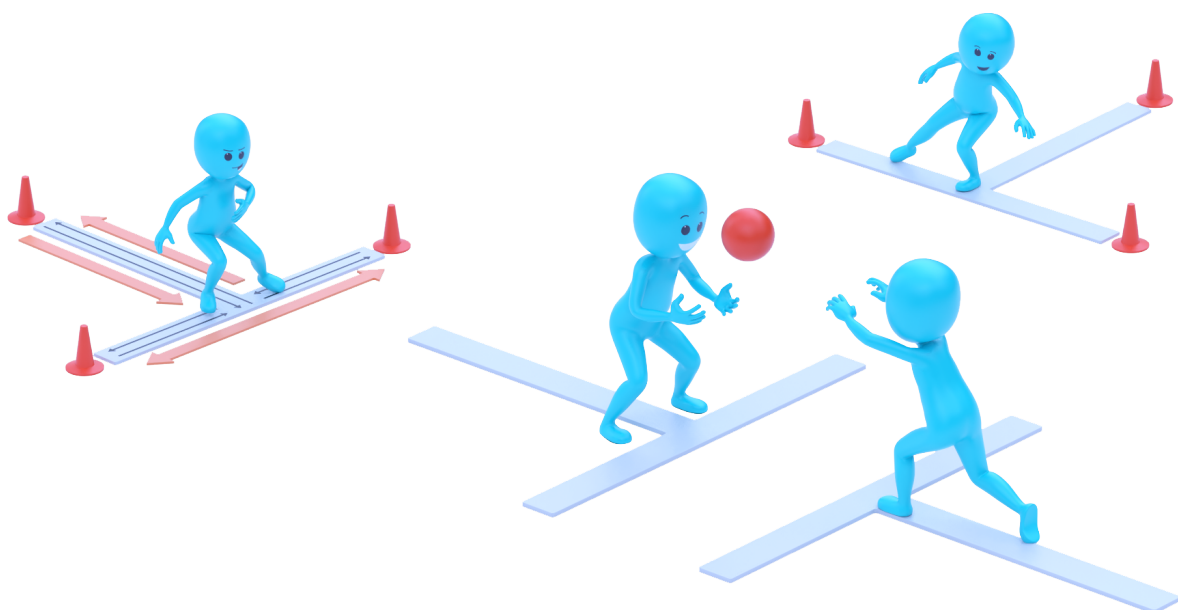
3

To complement your existing programme: search for activities that you can use to improve the skills you are trying to develop in your programme.

4

To improve the specific movements of children that you think might need developing: use activities from the different movement categories of Stability, Object Control and/ or Locomotion to improve your children's abilities. Again, introduce these by Phases (1, 2 and then 3).

Whatever approach you use, remember this Playkit provides opportunities for every child to learn the movement skills they need to flourish in any sport. We hope that you and the children in your programme enjoy it!



GUIDANCE NOTES

Information on the front of the card can be used to prepare, deliver and adapt the activity. The back of the card contains information to enable the coach to assess the movement and plan next stages of the child's development.

1 PHASE 3
 2 OBJECT CONTROL

MAT ROUNDERS

play it

WHAT YOU NEED

- Cones to mark batting and bowling areas
- 3 non-slip mats
- Variety of balls and striking implements, e.g. bats, rackets
- 2 teams



PLAY IT LIKE THIS

- Batter stands in batting area with rest of batting team at a safe distance behind
- Bowlers stands in bowling area with rest of bowling team spread across fielding area
- Bowler throws ball to batter who hits it then runs to first mat (and on to next 2 mats if not out)
- Batter is out if a fielder catches the ball they hit or gets to a mat with the ball before them

PLAY IT DIFFERENTLY

- Double points for getting around all 3 mats in 2 moves or fewer
- Use hands or feet to strike the ball
- Only 1 player allowed on each mat at a time



Use your phone camera to scan the QR code and watch the game




FRONT OF THE CARD: PLAY IT

- 1 Phase:** Activity complexity
- 2 Movement Category:** Identification of the key movement skills being developed; stability, locomotion or object control
- 3 What you need:** Equipment you need to play the game
- 4 Illustration:** Set-up and how to play
- 5 Play it like this:** Activity organisation
- 6 Play it differently:** Tips on how to adapt the activity to the group to make it harder/easier, how to adapt the space, effort and relationship
- 7 QR Code:** A video clip of the game being played


1 PHASE 3
 2 OBJECT CONTROL

MAT ROUNDERS

assess it: fielding

LOOK FOR THIS MOVEMENT


- Moves to meet the ball
- Secures the ball
- Uses overarm throw to return ball to bowler



DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|---|---|--|--------------------------|-------------------------|
| EYES | Not focused on ball or target | Focused on ball | Focused on ball and target | With control and fluency | With speed and accuracy |
| ARMS | Throwing arm doesn't swing back behind body and follows through downwards, while non-throwing arm is held by side | Throwing hand swings behind body, throwing arm extends forwards to follow through, and non-throwing arm is held up or out to side | Throwing hand and arm swing behind body and throwing arm extends forwards to follow through in direction of target, while non-throwing arm is held up and pointing to target | With control and fluency | With speed and accuracy |

SCAN HERE TO CHECK MOVEMENT ASSESSMENT CRITERIA




OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | EYES | ARMS |
|------|------|------|
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TRY NEXT

END ZONE 2
SPACE INVADERS 3



BACK OF THE CARD: ASSESS IT

The back of the card helps the coach assess the movement patterns that will be used within the activity with a Focus on either Stability, Object control or Locomotion.

- 1 Look for this movement:** Identify key movements to observe
- 2 Develop these stages:** Key body parts and the movement pattern you should observe across five stages of development: emerging, can do, accomplished, confident and proficient. Refer to the Full Assessment section for further information on additional observation of body parts and movement patterns
- 3 Scan here to check movement assessment criteria:** Scan the QR code
- 4 Observe and Assess:** Once you have completed your observation of a child, use this section to record their performance score
- 5 Try Next:** Signposts to the next activity in the next Phase

LIST OF ACTIVITY CARDS

| | ACTIVITY | PHASE | MOVEMENT FOCUS | BODY OBSERVATION |
|----|------------------|-------|----------------|------------------|
| 1 | T Time | 1 | Stability | Legs & Body |
| 2 | Cornerball | 1 | Object Control | Arms & Legs |
| 3 | Space Invaders 1 | 1 | Object Control | Arms & Legs |
| 4 | Raid | 1 | Locomotion | Legs & Body |
| 5 | Tag | 2 | Locomotion | Eyes & Arms |
| 6 | Gateways | 2 | Locomotion | Arms & Legs |
| 7 | Potted Skills | 2 | Object Control | Arms & Legs |
| 8 | Space Invaders 2 | 2 | Object Control | Arms & Legs |
| 9 | Square Ball | 2 | Object Control | Eyes & Arms |
| 10 | End Zone 1 | 2 | Stability | Legs & Body |
| 11 | Kabaddi | 2 | Stability | Legs & Body |
| 12 | End Zone 2 | 3 | Stability | Legs & Body |
| 13 | Mat Rounders | 3 | Object Control | Eyes & Arms |
| 14 | Space Invaders 3 | 3 | Object Control | Arms & Legs |

FAQs

WHO DESIGNED THIS PLAYKIT?

This Playkit was developed in partnership between Nike and Youth Sport Trust with Professor David Morley in the lead advisory role and contributions from Dr Tom van Rossum, Paul Ogilvie, Lesley Miniverni and Andy Stoneman. Youth Sport Trust is a children's charity working to ensure every child enjoys the life changing benefits that come from play and sport. Made to Play is Nike's commitment — with community partners — to get kids moving through play and sport because today's kids are the least active ever. And we know that active kids do better — they're healthier, happier and more successful in school and in life.

WHY AM I USING THIS RESOURCE?

This Playkit is designed to improve the physical competence of children between the ages of 6 and 12 years in a fun, dynamic, games-based way, to ensure children enjoy participating.

HOW DO I GET THE CHILDREN TO DO THE MOVEMENT I'M ASSESSING?

Develop the movement first and then introduce into the game. Condition the game by changing the scoring system to reward the movement you are looking for.

HOW DO I EFFECTIVELY CHALLENGE KIDS WITH DIFFERENT ABILITIES WITHIN THE GROUP?

Use the 'Change the Challenge' on the resource cards to alter the space, effort or relationship during the activity.

WHICH ACTIVITIES SHOULD I DO IF I CAN ONLY DO A FEW OF THEM?

The Playkit provides guidance on activities in a way that increases the complexity of the activity across 3 phases. So, use Phase 1 cards in the first instance, then 2, then 3. There is also linkage between some activities in Phase 1 and in Phase 2, so it makes sense to use those activities if you can only use a limited number of the games.

HOW DO I ENSURE I COVER ALL OF THE MOVEMENTS: STABILITY, OBJECT CONTROL, LOCOMOTION?

The Playkit is designed to provide full coverage of Stability, Object Control and Locomotion, if a range of activities both within and across the phases are used. The main movement skill being developed is identified in each activity.

HOW DO I MAKE THE GAMES HARDER OR EASIER?

This can be achieved by using the 'play it differently' ideas on the activity cards and/or changing the challenge as demonstrated in the SER guidance.

HOW DO I SET UP THE ASSESSMENT?

The Playkit has been designed to reveal certain movements within games. It would be impossible to assess all children against all the criteria in a single session. Concentrate assessment on a small group of children within each game. Repeat the game, if necessary, spreading the assessment across a number of games. Another way of doing this is to ask peers to assess each other and/or to get children to assess themselves, perhaps using video playback.

HOW DO I ASSESS?

Observe the child performing the movement in terms of the two focal aspects on the 'assess it' side of the activity card (e.g. head, arms, body, legs) as an initial observation to look at the general fluency and composure of the movement. Then, look at the movement again, breaking down the different components of the child's body in relation to the criteria offered on the card. Use numbers 1–5 to represent whether the child is emerging, 'can do', accomplished, confident or proficient against the movement criteria.

ACTIVITY CARDS, ASSESSMENT CRITERIA AND QR CODES

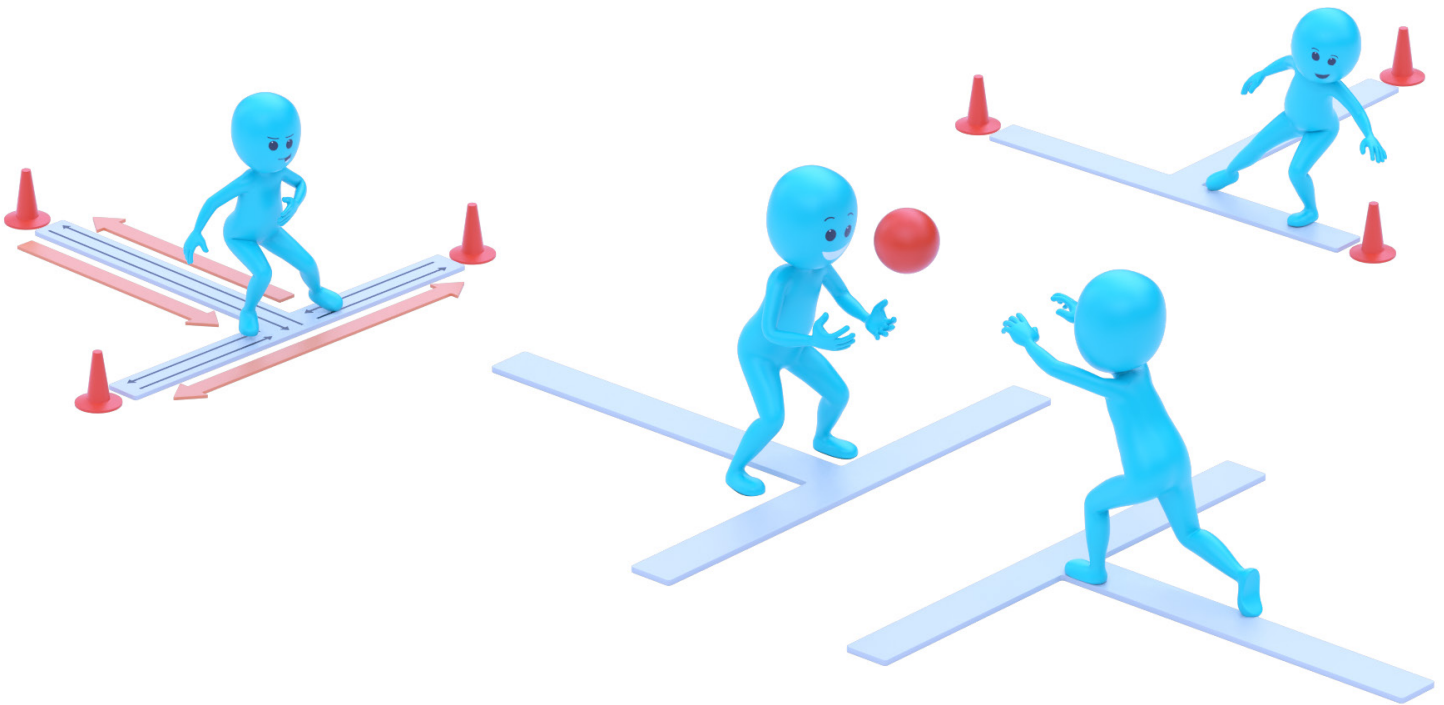


T-TIME

play it

WHAT YOU NEED

- Tape, markers or cones to mark out Ts
- Variety of objects to throw
- Drum or tambourine
- 1 player per T



PLAY IT LIKE THIS

- Ensure safe spacing of Ts
- Players take it in turns to start at the bottom of their T and move forwards, then sideways across top, and back again
- Next, players take it in turns to throw an object for their partner to catch while moving along the T
- Introduce a drum beat or similar so players have to move to a rhythm

PLAY IT DIFFERENTLY

- Set time limit for moving around T and back
- Change size of Ts
- Add more Ts
- Change object thrown
- Add more players per T

Use your phone camera to scan the QR code and watch the game



T-TIME

assess it: side step



LOOK FOR THIS MOVEMENT

- Lunges
- Pushes off
- Side-steps back

DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|--|--|--|--------------------------|-------------------------|
| LEGS | Legs are straight and feet are close together when lunging | Both knees are bent and feet are wide apart when lunging | Leading knee is bent and back leg is straight when lunging, while trailing leg extends fully to push off in opposite direction | With control and fluency | With speed and accuracy |
| BODY | Body twists and chest is low | Shoulders face forwards and chest is low | Shoulders face forwards and chest is high | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | LEGS | BODY |
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TRY NEXT

END ZONE 1
KABADDI

CORNERBALL

play it



WHAT YOU NEED

- 4 targets (e.g. benches, cones) — 1 on each corner of court, facing inwards
- 4 teams of 4 — players in each team numbered 1 to 4
- 16 bibs (4 colours)
- 4 balls

PLAY IT LIKE THIS

- Each team stands behind a different target and is given a ball
- On leader's signal, each team rolls their ball into court
- When leader shouts their number (1 to 4), players move to retrieve a ball and shoot at any target to score a point
- Balls must be rolled underarm, below knee height, and players must stay on their feet

PLAY IT DIFFERENTLY

- Reduce number of balls
- Add a defender for each target zone — cold defence initially, acting as an obstacle only
- Increase playing space
- Call in additional players from each team

Use your phone camera to scan the QR code and watch the game



CORNERBALL

assess it: shooting on the move



LOOK FOR THIS MOVEMENT

- Runs to collect and dribble ball
- Pivots to face target
- Sends ball to target



DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|--|---|--|--------------------------|-------------------------|
| ARMS | Striking arm has minimal backswing and follow-through and is mainly held by side | Striking arm swings some way backwards then forwards to push ball, and opposite arm is held out for balance | Striking arm drives back and then forwards to push ball, and opposite arm is held out and raised for balance | With control and fluency | With speed and accuracy |
| LEGS | Knee isn't bent and doesn't step towards intended direction of ball | Knee is partially bent and some transfer of weight forwards — may have one foot in front of other | Knees bent at 90 degrees, transfers weight forwards and steps with opposite foot to arm pushing ball | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | ARMS | LEGS |
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TRY NEXT

MAT ROUNDERS

RAID

play it



WHAT YOU NEED

- 5 hoops or mark circles on the floor
- 8 bibs (4 colours)
- Variety of equipment, e.g. balls, beanbags
- 4 teams of 2

PLAY IT LIKE THIS

- Set up a large playing area with 1 hoop and a team of 2 players at each corner
- Put a hoop containing equipment in centre of playing area
- Players take turns, within their team, to run to central hoop and bring equipment back
- Players only allowed to carry one piece of equipment at a time

PLAY IT DIFFERENTLY

- Set time limit for collecting equipment
- Introduce obstacles between corner hoops and central hoop
- Allow players to steal from hoop to their right when middle hoop is empty

Use your phone camera to scan the QR code and watch the game



RAID

assess it: running action



LOOK FOR THIS MOVEMENT

- Legs and arms move in opposition
- Shows flight phase
- Accelerates

DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|---|--|---|--------------------------|-------------------------|
| LEGS | Low heel lift during recovery swing and leading leg is straight at take-off | Heels stay below knee during recovery swing and leading leg is almost straight at take-off | Heels brought close to buttocks during recovery swing and leading leg extends at take-off | With control and fluency | With speed and accuracy |
| BODY | Body is upright | Body leans forwards | Body leans forwards slightly | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | LEGS | BODY |
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TRY NEXT

GATEWAYS
POTTED SKILLS
CIRCUIT

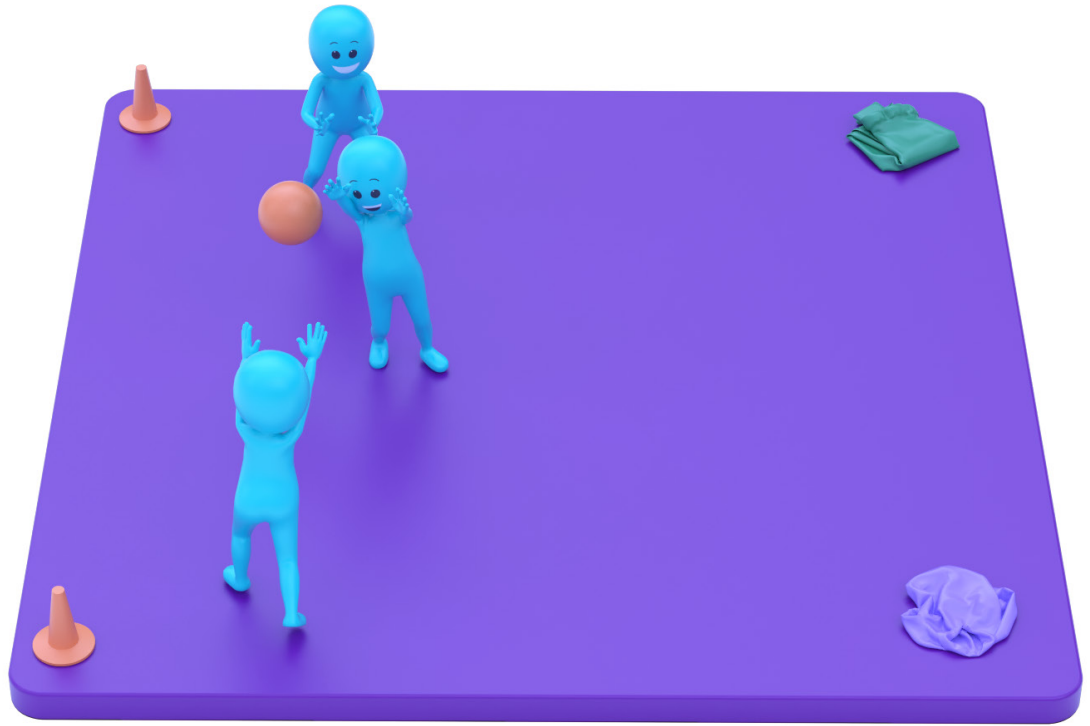
SPACE INVADERS 1

2V1

play it

WHAT YOU NEED

- Cones to mark square playing area
- 2 bibs (1 colour)
- 1 ball
- 3 players



PLAY IT LIKE THIS

- Play 2 v 1 in playing area
- Players aim to pass successfully, avoiding defender
- Players must stay in playing area
- No physical contact

PLAY IT DIFFERENTLY

- Vary the equipment — e.g. frisbee, large/small ball
- Change area size
- Award points for different, appropriate passes

Use your phone camera to scan the QR code and watch the game



SPACE INVADERS 1 2V1

assess it: receiving ball while moving

LOOK FOR THIS MOVEMENT

- Runs into a space or towards ball
- Arms outstretched in anticipation
- Catches ball



DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|--|---|--|--------------------------|-------------------------|
| ARMS | Arms are held by sides, not ready to catch, so object is caught with arms and body | Arms are held in front of body to receive object, and it's caught with hands only | Arms are held up and in front of body to receive object, and it's caught with hands only, in front of body | With control and fluency | With speed and accuracy |
| LEGS | Doesn't step towards object and feet are planted after it's caught | Feet adjust to object's flight and turn towards throwing target | Steps towards object's flight and in direction of throwing target | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

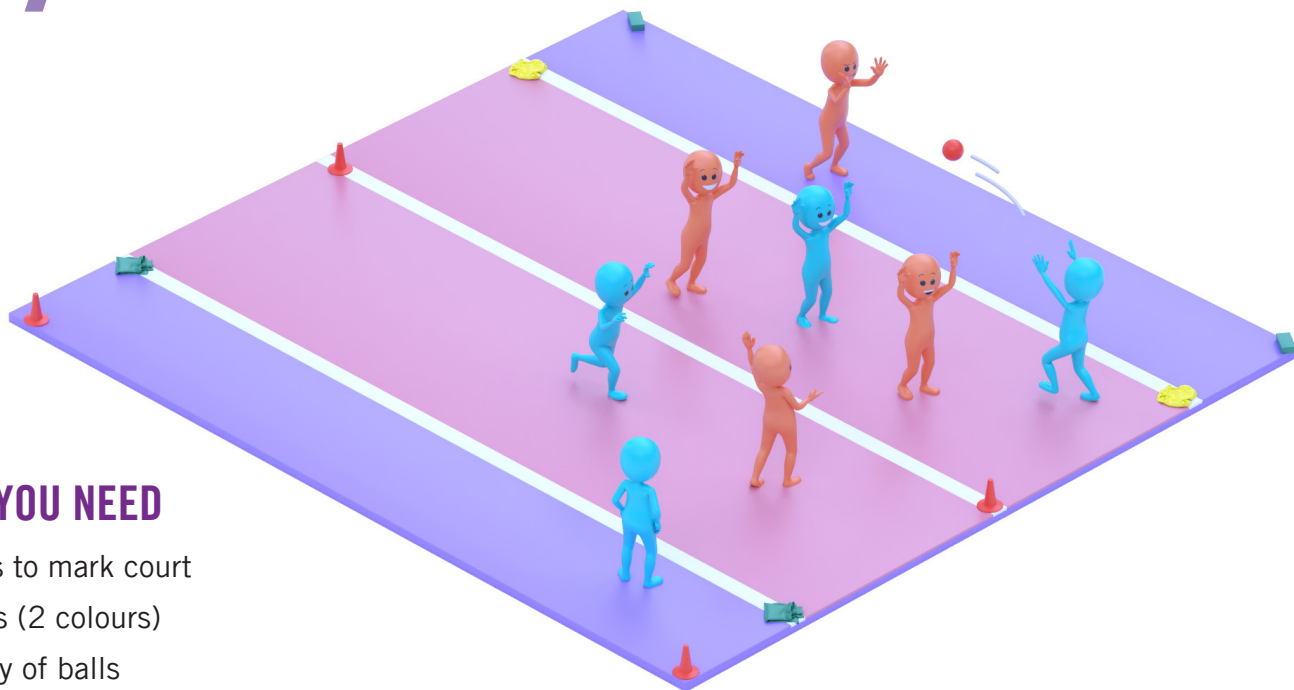
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TRY NEXT

SPACE INVADERS 2

END ZONE 1

play it



WHAT YOU NEED

- Cones to mark court
- 8 bibs (2 colours)
- Variety of balls
- 2 teams of 4

PLAY IT LIKE THIS

- Attackers start game in their end zone and aim to get ball into opposite end zone to score a point
- 2 defenders start in playing area — add a defender each time a point is scored
- Attacking team has four turns at attacking, then swap
- No physical contact, no running with ball, no defenders in end zone

PLAY IT DIFFERENTLY

- Minimum number of passes to reach end zone and score a point
- Create 1m-wide zones on each side of pitch — 1 point for a pass into then out of wide zone (ball can't be passed into end zone from wide zone)
- Change equipment, e.g. frisbee, hockey sticks and ball

Use your phone camera to scan the QR code and watch the game



END ZONE 1

assess it: stopping



LOOK FOR THIS MOVEMENT

- Transfers weight to "braking" foot
- Pivots
- Moves in other direction



DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|--|--|--|--------------------------|-------------------------|
| LEGS | No, or minimal, bend in knees and feet turn to move in other direction | Knees are partially bent and steps to move in other direction | Knees are bent and pushes from one foot to other to move in opposite direction | With control and fluency | With speed and accuracy |
| BODY | Remains upright with no rotation in the body | Leans slightly forwards with body rotated to face ball when ball's in flight | Leans forwards with body rotated to face ball when ball's in flight, and then rotates to face forwards | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

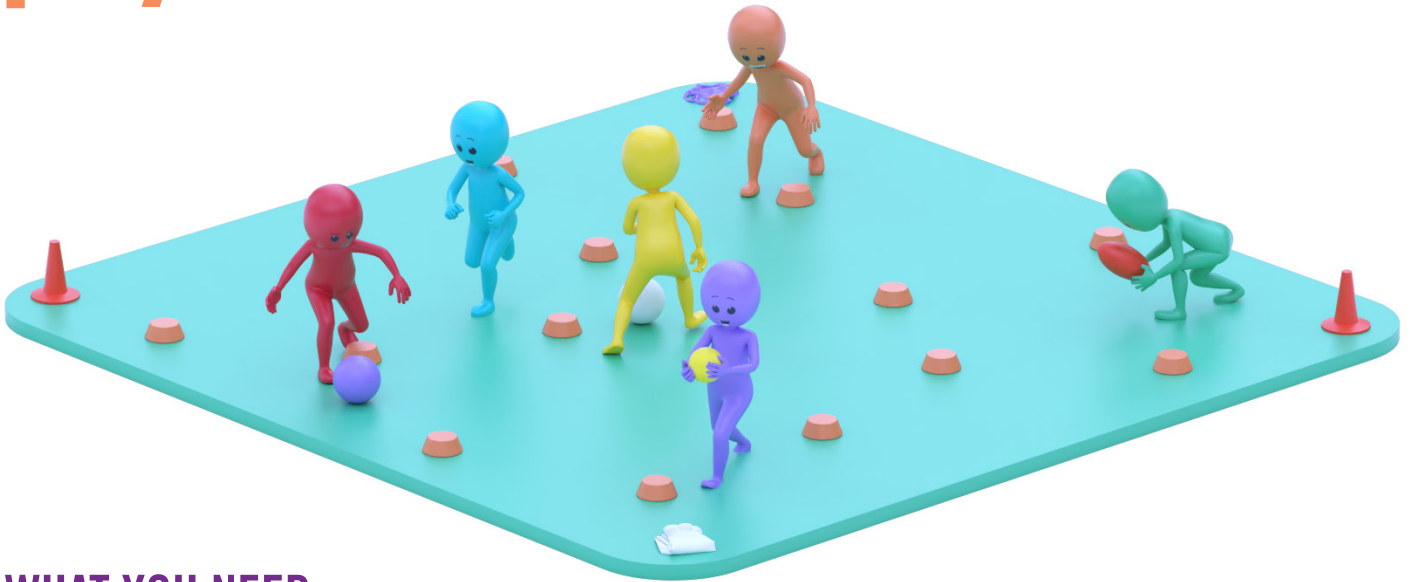
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TRY NEXT

KABADDI
END ZONE 2

GATEWAYS

play it



WHAT YOU NEED

- Markers or cones in variety of colours
- Variety of objects to dribble

PLAY IT LIKE THIS

- Mark out a safe area
- Within safe area, create several gateways using 2 markers or cones in same colour
- Players must move through and between gateways efficiently, e.g. by planning pathways and dodging
- Players may work with a partner, e.g. follow a partner's path through gateways

PLAY IT DIFFERENTLY

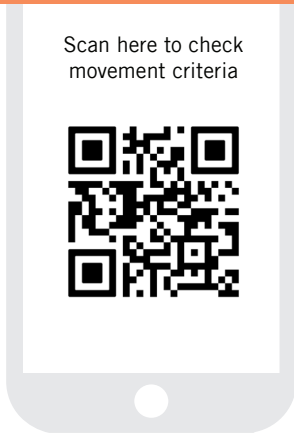
- Increase number of gateways
- Change method of movement, e.g. running, skipping, hopping
- Dribble a ball while moving through the gateways
- Set time limit for moving through gateways

Use your phone camera to scan the QR code and watch the game



GATEWAYS

assess it: running



LOOK FOR THIS MOVEMENT

- Legs and arms move in opposition
- Shows flight phase
- Accelerates

DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|---|--|--|--------------------------|-------------------------|
| ARMS | Arms are straight and don't swing in opposition to legs | Minimal bend to arms and limited arm swing in opposition to legs | Arms bent at around 90 degrees and swing in opposition to legs (left arm leads when right leg leads) | With control and fluency | With speed and accuracy |
| LEGS | Low heel lift during recovery swing | Heels stay below knee during recovery swing | Heels brought close to buttocks during recovery swing | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

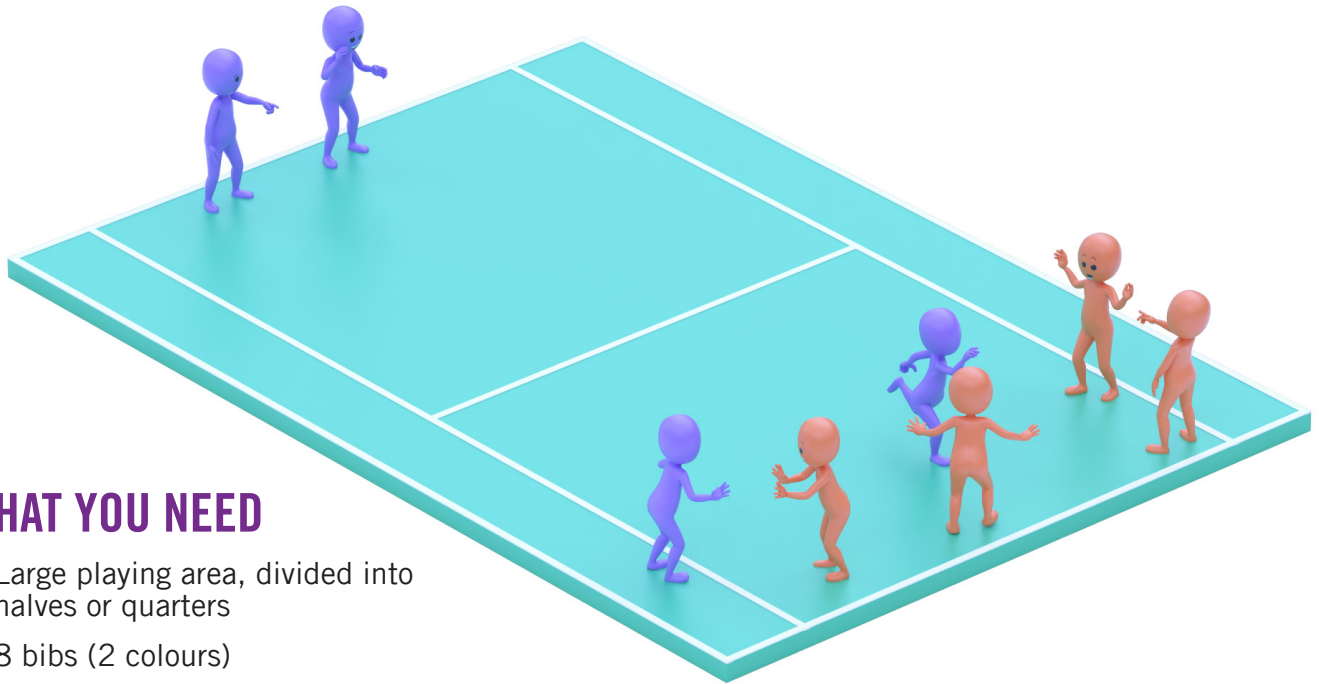
| NAME | ARMS | LEGS |
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TRY NEXT

POTTED SKILLS CIRCUIT
TAG

KABADDI

play it



WHAT YOU NEED

- Large playing area, divided into halves or quarters
- 8 bibs (2 colours)
- 2 teams

PLAY IT LIKE THIS

- Defenders in one half, attackers line up behind other half and take turns (in that order) to attack
- Attacker aims to tag as many defenders as possible during one breath, returning to attacking half before taking a breath (they must shout kabaddi while in defenders' half)
- If attacker takes a breath in defenders' area, they lose any points they scored and defenders win a point
- Defenders must stay in own half and can only block attackers from returning to their half—no contact

PLAY IT DIFFERENTLY

- Use tag belts
- Spread defenders over two zones and they must stay in their zone
- Set time limit for an attack (instead of it being the length of one breath)

Use your phone camera to scan the QR code and watch the game

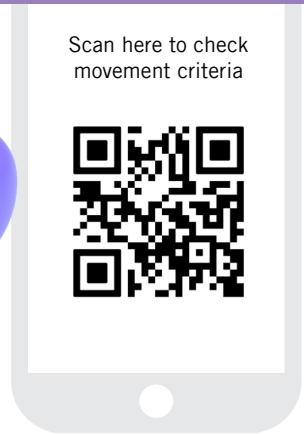
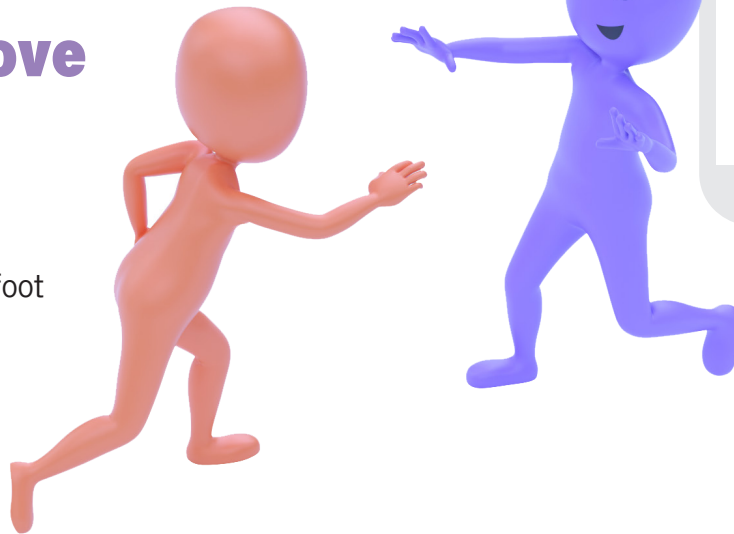


KABADDI

assess it:
lunge, then move

LOOK FOR THIS MOVEMENT

- Stretches arm and plants foot
- Bends knee
- Returns to start position



DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|---|--|---|--------------------------|-------------------------|
| LEGS | Minimal bend to knee and doesn't push off from either leg to change direction | Both knees bent, but trailing leg doesn't extend fully to push off in opposite direction | Leading knee bent, back leg straight and trailing leg extends fully to push off in opposite direction | With control and fluency | With speed and accuracy |
| BODY | Body is upright or twisted sideways | Body leans forwards slightly | Body leans forwards bringing chest close to front knee | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | LEGS | BODY |
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TRY NEXT

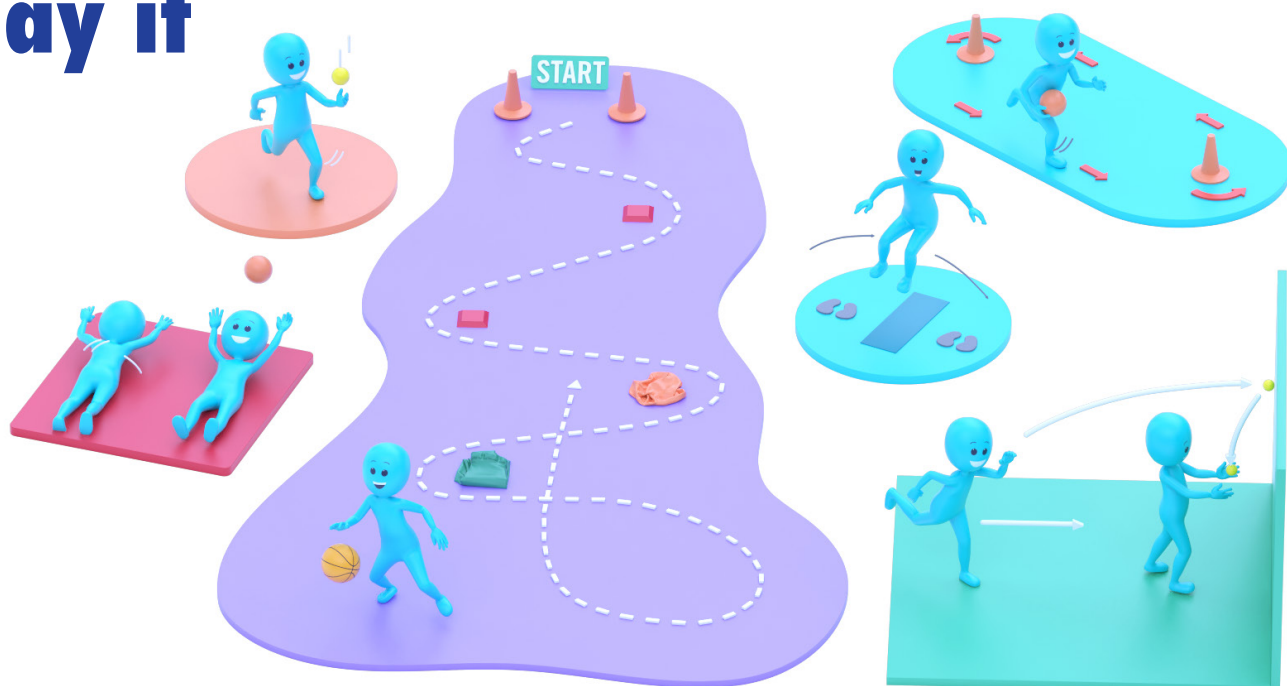
- END ZONE 1
- END ZONE 2

POTTED SKILLS CIRCUIT

play it

WHAT YOU NEED

- Marker cones
- 2 mats (or 1 mat and a speed bounce mat)
- Variety of balls
- Beanbags or similar
- Walled area



PLAY IT LIKE THIS

- Set up activities as shown
- Ensure safe space between stations
- Ensure any balls dropped from rebound activity won't run into other activities
- Players aim to complete each station and score the most points

PLAY IT DIFFERENTLY

- Set time limit for completing circuit
- Use dominant or non-dominant hands or feet
- Decrease distance between slalom cones
- Players record scores and try to beat their own scores

Use your phone camera to scan the QR code and watch the game



POTTED SKILLS

CIRCUIT

assess it: basketball dribble on the move



LOOK FOR THIS MOVEMENT

- Runs while dribbling ball
- Controls ball while travelling around cones
- Maintains speed throughout

DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|--|---|--|--------------------------|-------------------------|
| ARMS | Arms stay straight and dominant hand slaps ball to bounce it | Pushes ball with partially bent arms, and uses either hand to bounce ball but favours one | Bends arm to absorb ball, extends arm to push ball, and uses both hands equally well | With control and fluency | With speed and accuracy |
| LEGS | Legs are straight while running around cones | Legs are partially bent and shifts weight sideways around cones | Legs are bent and pushes from outside foot to inside foot around cones | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | ARMS | LEGS |
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TRY NEXT
GATEWAYS
TAG

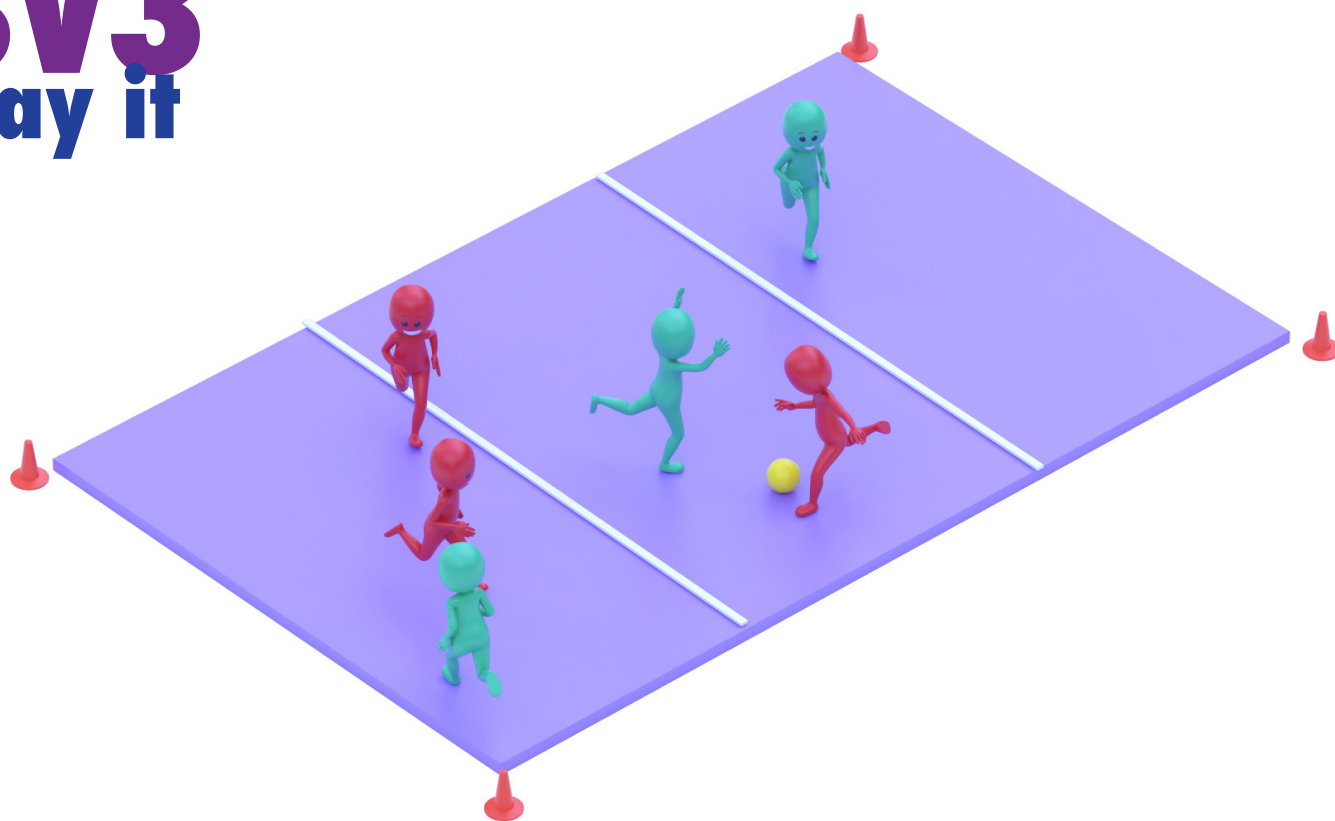
SPACE INVADERS 2

3V3

play it

WHAT YOU NEED

- Cones to mark rectangular pitch, divided into thirds
- 6 bibs (2 colours)
- 1 ball
- 2 teams of 3



PLAY IT LIKE THIS

- 3 attackers start at one end and aim to pass the ball, with control, from zone to zone — 1 point for each zone crossed
- 1 defender in each zone — must stay in their zone and get 2 points for intercepting the ball
- If ball goes out of play, start again — attackers have 4 turns, then swap over
- No physical contact, players must stay on the pitch

PLAY IT DIFFERENTLY

- Add a target, e.g. a goal
- Add a floating defender — wears a different-coloured bib and can move in any zone
- Set time limit for crossing zones

Use your phone camera to scan the QR code and watch the game



SPACE INVADERS 2

3V3

assess it: kicking from a running movement

Scan here to check movement criteria



LOOK FOR THIS MOVEMENT

- Runs to ball
- Kicks ball to a goal or player
- Prepares for next movement

DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|--|---|--|--------------------------|-------------------------|
| ARMS | Arms not held out to side and no arm swing as ball is kicked | Arms held out low to the side and minimal arm swing as ball is kicked | Arms held out at shoulder height, with arm on kicking side held lower and swinging back at point of contact | With control and fluency | With speed and accuracy |
| LEGS | Runs straight at ball, foot isn't planted next to ball and kicking leg doesn't follow through in direction of target | Runs with a minimal angle towards ball, non-kicking foot is planted away from ball with minimal knee bend during backswing, and minimal follow-through in direction of target | Runs at a 45-degree angle to ball, non-kicking foot is planted next to ball, and knee is bent during backswing with leg following through in direction of target | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | ARMS | LEGS |
|------|------|------|
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TRY NEXT

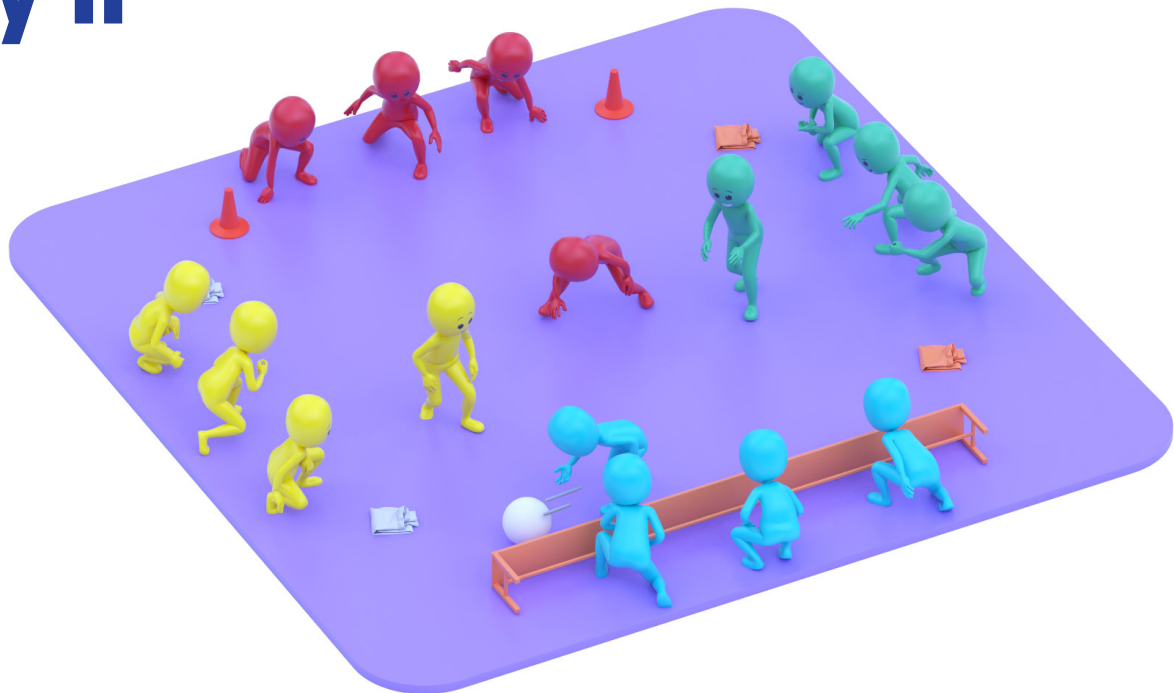
SPACE INVADERS 3

SQUARE BALL

play it

WHAT YOU NEED

- 4 targets (e.g. benches, cones) — 1 on each side with one team behind each
- 4 teams of 4 — players in each team numbered 1 to 4
- 16 bibs (4 colours)
- 2 balls



PLAY IT LIKE THIS

- Leader rolls 2 balls into court, shouts a number 1 to 4 and players with that number try to retrieve a ball
- Players dribble ball and shoot at target opposite their team — once a goal's been scored in each of the 2 games, play stops and balls are rolled again
- After 8 rolls of the balls, losing teams switch positions so they're playing different teams
- Balls must be rolled underarm, below knee height and players must stay on feet

PLAY IT DIFFERENTLY

- Change size of ball
- Use non-dominant hand
- Reduce size of target

Use your phone camera to scan the QR code and watch the game



SQUARE BALL

assess it: stop and control ball

Scan here to check movement criteria



LOOK FOR THIS MOVEMENT

- Transfers weight
- Drags ball back
- Plays on



DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|--|---|--|--------------------------|-------------------------|
| EYES | Not looking at ball | Looking at ball | Looking at ball and other players | With control and fluency | With speed and accuracy |
| ARMS | Arms remain straight during movement and ball is away from body when moved | Arms partially bent during movement and ball is closer to body when moved | Arms bent at 90 degrees during movement and ball is kept close to body | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | EYES | ARMS |
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TRY NEXT

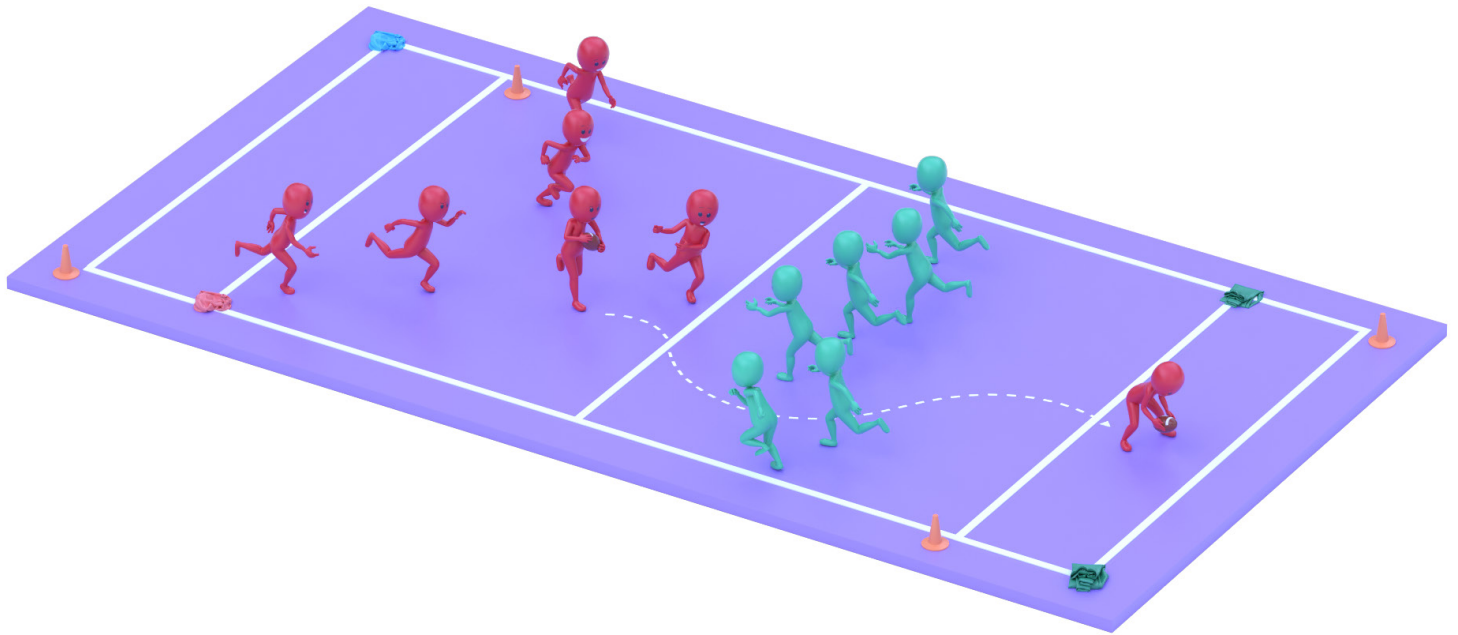
MAT ROUNDERS

TAG

play it

WHAT YOU NEED

- Cones to mark pitch with 2 halves, 2 end zones and 2 wide zones
- 8 bibs (2 colours)
- 1 ball
- 2 teams of 4



PLAY IT LIKE THIS

- Each team starts in their half of the pitch
- One team starts with the ball and passes it from player to player — ball can only move forwards and no running with ball
- Aim is to score a point by touching ball down in end zone (points can also be awarded for using wide zone)
- Opposing team can gain possession of the ball by catching or retrieving it or tagging the person holding it

PLAY IT DIFFERENTLY

- Allow players to dribble ball forwards
- Award points for 2 consecutive passes caught while running
- Change equipment used, e.g. frisbee or large/small ball
- Allow passes in any direction

Use your phone camera to scan the QR code and watch the game



TAG

assess it: running and receiving a ball

Scan here to check movement criteria



LOOK FOR THIS MOVEMENT

- Runs towards gap in defenders
- Receives and secures ball
- Runs with ball towards gap



DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|---|---|--|--------------------------|-------------------------|
| EYES | Not focused on ball or thrower | Looks at ball or other players | Focuses on ball until securely in hands | With control and fluency | With speed and accuracy |
| ARMS | Arms held by side to receive ball and ball is carried in one hand | Arms in front of body to receive ball and ball is carried in both hands | Arms held up and in front of body to receive ball and ball is carried in two hands close to body | With control and fluency | With speed and accuracy |

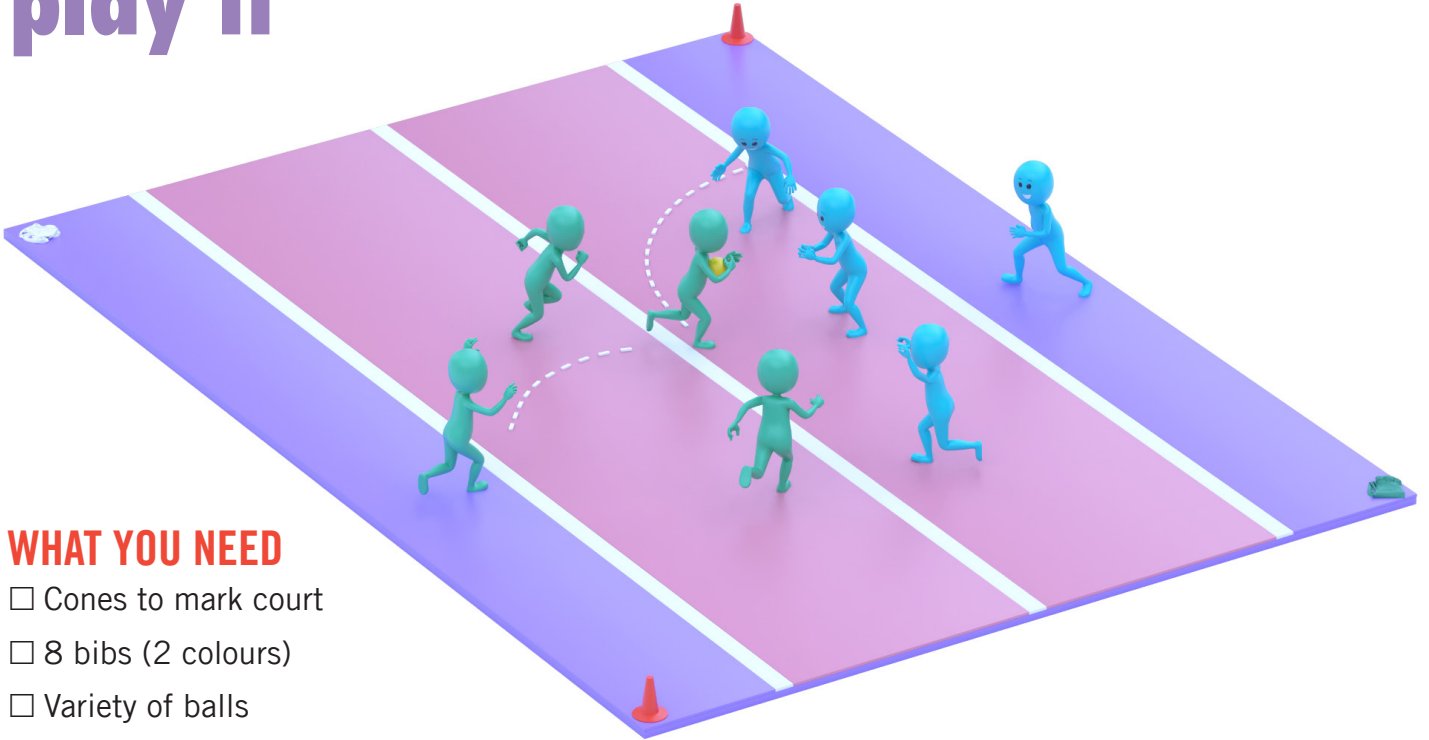
OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | EYES | ARMS |
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TRY NEXT
GATEWAYS

END ZONE 2

play it



WHAT YOU NEED

- Cones to mark court
- 8 bibs (2 colours)
- Variety of balls
- 2 teams of 4

PLAY IT LIKE THIS

- Attackers start game in one end zone and defenders start game in other end zone
- Attackers aim to get ball into opposite end zone to score a point
- Possession of ball switches after each point is scored
- No contact between players

PLAY IT DIFFERENTLY

- Bonus point if 3 successful passes made before ball gets into end zone
- Change ball type
- If someone's tagged when holding the ball, they lose possession and freeze until they've caught a pass

Use your phone camera to scan the QR code and watch the game



END ZONE 2

assess it: side-step with ball



LOOK FOR THIS MOVEMENT

- Transfers weight
- Pivots
- Moves in other direction

DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|--|--|--|--------------------------|-------------------------|
| LEGS | No, or minimal, bend in knees and feet turn to move in other direction | Knees are partially bent and steps to move in other direction | Knees are bent and pushes from one foot to other to move in opposite direction | With control and fluency | With speed and accuracy |
| BODY | Remains upright with no rotation in the body | Leans slightly forwards with body rotated to face ball when ball's in flight | Leans forwards with body rotated to face ball when ball's in flight, and then rotates to face forwards | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | LEGS | BODY |
|------|------|------|
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TRY NEXT

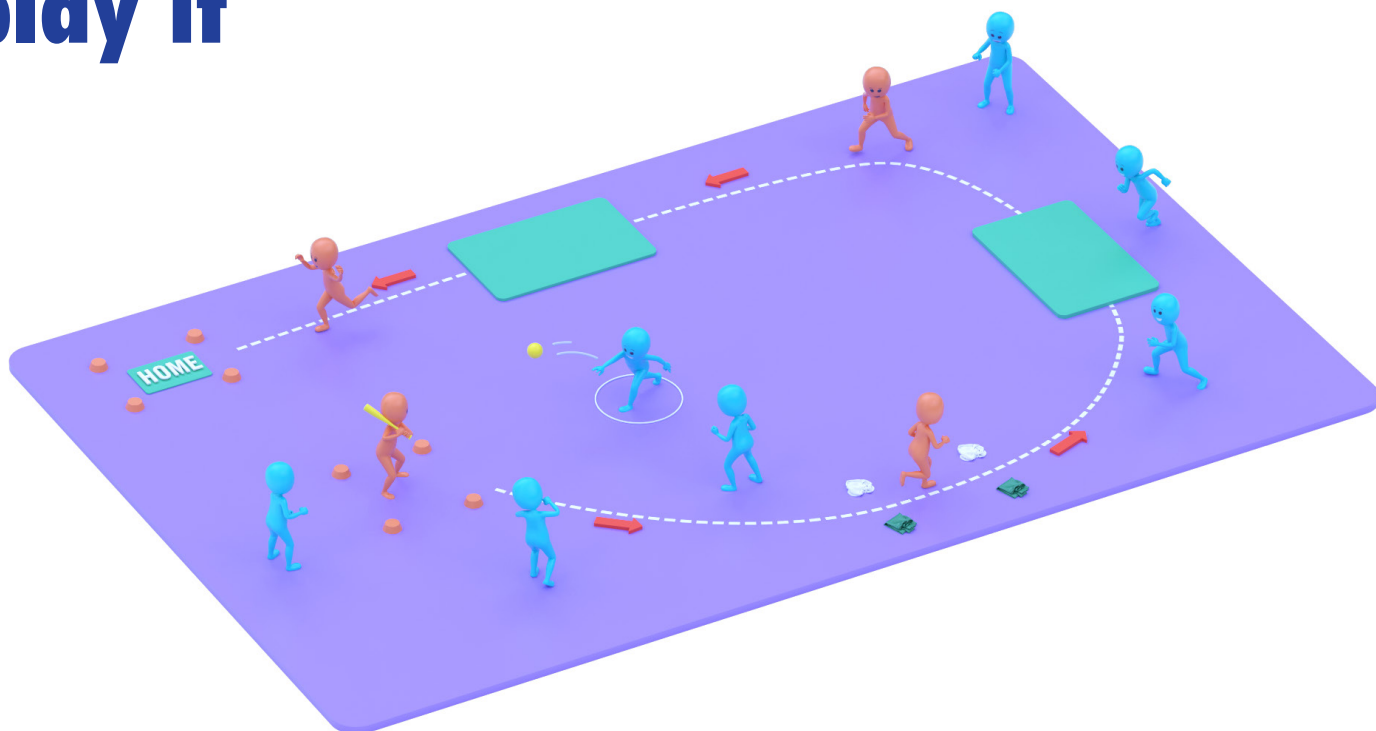
**KABADDI
END ZONE 2**

MAT ROUNDERS

play it

WHAT YOU NEED

- Cones to mark batting and bowling areas
- 3 non-slip mats
- Variety of balls and striking implements, e.g. bats, rackets
- 2 teams



PLAY IT LIKE THIS

- Batter stands in batting area with rest of batting team at a safe distance behind
- Bowlers stand in bowling area with rest of bowling team spread across fielding area
- Bowler throws ball to batter who hits it then runs to first mat (and on to next 2 mats if not out)
- Batter is out if a fielder catches the ball they hit or gets to a mat with the ball before them

PLAY IT DIFFERENTLY

- Double points for getting around all 3 mats in 2 moves or fewer
- Use hands or feet to strike the ball
- Only 1 player allowed on each mat at a time

Use your phone camera to scan the QR code and watch the game

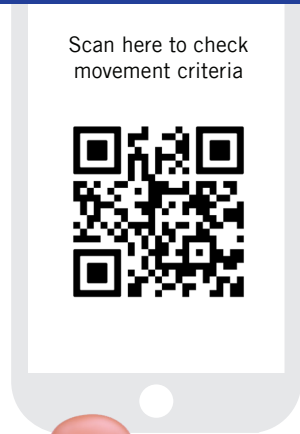
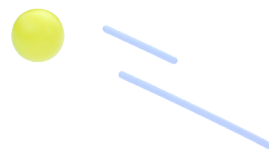
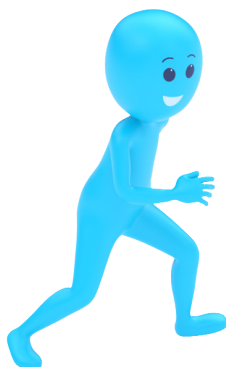


MAT ROUNDERS

assess it: fielding

LOOK FOR THIS MOVEMENT

- Moves to meet the ball
- Secures the ball
- Uses overarm throw to return ball to bowler



DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|---|---|--|--------------------------|-------------------------|
| EYES | Not focused on ball or target | Focused on ball | Focused on ball and target | With control and fluency | With speed and accuracy |
| ARMS | Throwing arm doesn't swing back behind body and follows through downwards, while non-throwing arm is held by side | Throwing hand swings behind body, throwing arm extends forwards to follow through, and non-throwing arm is held up or out to side | Throwing hand and arm swing behind body and throwing arm extends forwards to follow through in direction of target, while non-throwing arm is held up and pointing to target | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | EYES | ARMS |
|------|------|------|
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TRY NEXT

T-TIME
RAID

SPACE INVADERS 3

4V4

play it

WHAT YOU NEED

- Cones to mark rectangular pitch
- 2 teams of 4
- 8 bibs (2 colours)
- 8 balls



PLAY IT LIKE THIS

- 2 teams of 4 players, each player has a ball
- Players dribble their ball around the playing area and tap an opponent's ball out of play
- No physical contact allowed
- Players are out if their ball leaves the court or if they step out
- A winning team is declared once all four opponents are out

PLAY IT DIFFERENTLY

- Bonus points for tapping the opponents' ball out as opposed to them losing control of the ball
- Use your weaker hand only
- Use different equipment e.g. hockey sticks and balls, footballs

Use your phone camera to scan the QR code and watch the game



SPACE INVADERS 3 4V4

assess it: keep possession of the ball



LOOK FOR THIS MOVEMENT

- Dribbles ball low to floor
- Switches feet position to help protect ball
- Taps other players' ball



DEVELOP THESE STAGES

| | 1. EMERGING | 2. CAN DO | 3. ACCOMPLISHED | 4. CONFIDENT | 5. PROFICIENT |
|------|--|---|---|--------------------------|-------------------------|
| ARMS | Slaps ball with a straight arm and other arm is held by side | Pushes ball with partially bent arm and other arm is held out | Bends arm to absorb ball, extends arm to push ball, and other arm is held out, shielding ball from defender | With control and fluency | With speed and accuracy |
| LEGS | Legs are straight, and front leg isn't used to shield ball from defender | Legs are partially bent, and front leg is used to shield ball from defender | Legs are bent, and front leg constantly shields ball from defender | With control and fluency | With speed and accuracy |

OBSERVE AND ASSESS (Insert 1, 2, 3, 4 or 5)

| NAME | ARMS | LEGS |
|------|------|------|
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TRY NEXT

**KABADDI
END ZONE 2**



SPACE, EFFORT AND RELATIONSHIP GUIDE

THIS SECTION SUPPORTS THE COACH IN ADAPTING THE ACTIVITY ACCORDING TO THE SPACE, EFFORT AND RELATIONSHIP.

THE SPACE IS WHERE THE BODY IS MOVING, PERSONAL AND GENERAL SPACE AND LOOKS AT MOVEMENT DIRECTION, PATHWAYS, LEVELS, PLANES AND EXTENSIONS.

THE EFFORT RELATES TO HOW THE BODY IS MOVING, LOOKING AT TIME, WEIGHT, FLOW AND QUALITY OF THE MOVEMENT.

RELATIONSHIPS LOOK AT WHAT THE BODY IS RELATING TO AS IT MOVES. THIS HELPS CHILDREN DEVELOP AWARENESS OF THEIR BODY PARTS AND HOW THEY RELATE TO OTHER CHILDREN, EQUIPMENT AND OTHER OBJECTS.



CORNERBALL

| | SPACE | EFFORT | RELATIONSHIP |
|--|--|---|--|
| TWO-TOUCH (Retrieve the ball, two touches then must shoot) | Move closer to target to take a shot | Vary the force of two touches to get closer to the target | Decide on where to aim at target, in relation to other players |
| FIRST TEAM TO SCORE IN EACH TARGET ZONE | Roll a ball accurately towards a particular target | Adjust speed to retrieve moving ball efficiently | Check position of players from other teams to avoid collisions |
| TWO ACTIVE PLAYERS PER TEAM | Pass to move teammate towards goal | Adapt force of pass, depending on position of teammate | Communicate with partner on where to pass/ receive the balls |



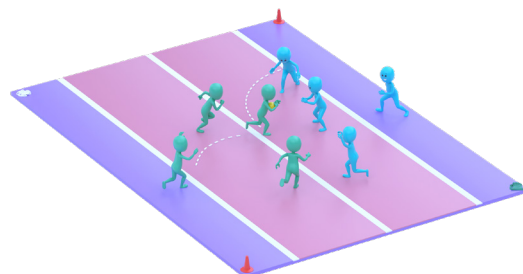
END ZONE 1

| | SPACE | EFFORT | RELATIONSHIP |
|---|--|---|--|
| INTERCEPTION OR DROPPED BALL CAUSES TURNOVER | Space is limited due to close marking of defenders | Force on pass varied dependent on position of defender and teammate | Move towards teammate to receive the pass |
| TARGET PLAYER IN THE END ZONE TO RECEIVE PASS TO SCORE | Aiming for a target forwards | Short, sharp catch and release of ball to outwit opponent | Positioning of defender in relation to the target player |
| POINTS FOR USING THE APPROPRIATE PASS | Types of pass chosen to outwit opponent e.g. high or low | Force placed on short, quick pass | Choice of pass depending on position of teammate and opponents |



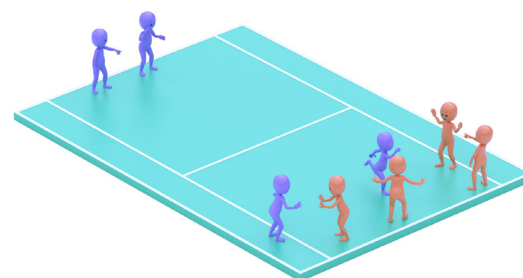
END ZONE 2

| | SPACE | EFFORT | RELATIONSHIP |
|---|---|---|---|
| BONUS POINT FOR SCORING AFTER A SUCCESSFUL DODGE | Finding space away from opponent | Strong push-off needed from one foot to change direction | Attackers spread out to give ball runner space |
| HOOP SCORING ZONE | Less space around the target area | Feint passing to get defender to commit before passing | Teammates move forwards, supporting ball runner, giving more shooting options |
| TARGET PLAYER IN END ZONE | Less space for movement of players in front of end zone | Types of pass varied depending on position of teammate and defender | Target player adjusts position in end zone to make shot from teammate easier |



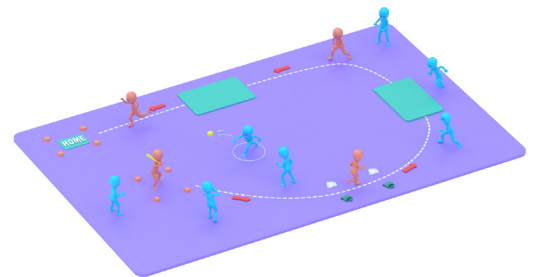
KABADDI

| | SPACE | EFFORT | RELATIONSHIP |
|--|--|--|---|
| TWO ATTACKING PLAYERS AT ONCE | Defenders spread out across the zone to restrict pathway options for attackers | Attackers synchronise speed with teammate to advance in unison | Attackers run towards defenders, drawing them away from teammate |
| 3-SECOND FREEZE (Tagged defenders must freeze for 3 seconds) | Players try to remain out of reach of others | Quick changes of direction | Defenders adapt position when a teammate is frozen |
| BOTH TEAMS SEND AN ATTACKER AT THE SAME TIME | Use a variety of pathways to avoid defenders | Endurance levels challenged as constantly moving | Defenders develop a team strategy for blocking as they have fewer players |



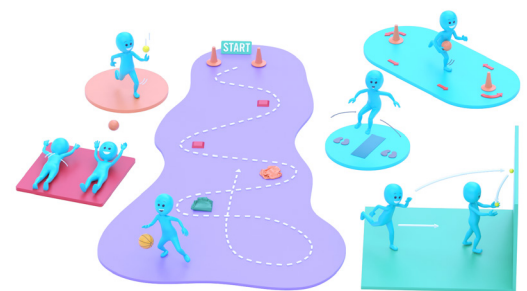
MAT ROUNDERS

| | SPACE | EFFORT | RELATIONSHIP |
|---|---|---|---|
| WHOLE TEAM TOUCH BALL TO STOP PLAY | Fielders make decisions on where to run depending on strike | Fielders adapt speed depending on position in relation to struck ball | Fielders run towards receiver |
| 3 PASSES BEFORE THROWING THE BALL TO BOWLER TO STOP PLAY | Fielders towards receiver to make pass easier | Vary the force of throw depending on distance from receiver | Players move to facilitate short, quick passes |
| TARGET SCORING ZONES/GATES (Near/far/left/right) | Batters choose target to aim towards | Vary the force of the strike to outwit the fielders | Batters choose direction of strike dependent on position of defenders |



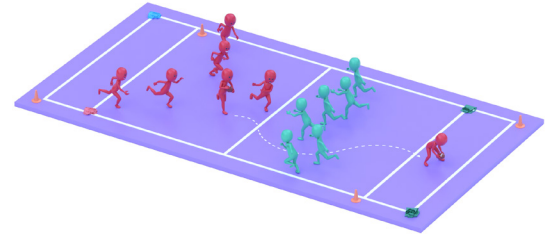
POTTED SKILLS

| | SPACE | EFFORT | RELATIONSHIP |
|---|---|---|--|
| PLACE MARKERS TO INDICATE FOOT PLACEMENT FOR DODGING AROUND CONES | More efficient turns around cones | Effective transfer of weight to change direction | Less likely to overshoot cones |
| REDUCE TIME FOR COMPLETION OF TASKS | Choose quickest pathway | Balance effort with cost-benefit, decide fastest speed whilst maintaining control | Keep ball close to maintain control |
| KEEP UP A BALLOON, DURING ROLLING AND SPEED BOUNCE ACTIVITY. IF THE BALLOON HITS THE GROUND, LOSE POINTS | Maintain balloon at a medium height for speed bounce and low for the rolling activity | Increased effort needed by players to complete task and keep up balloon | Keep balloon close to maintain control |



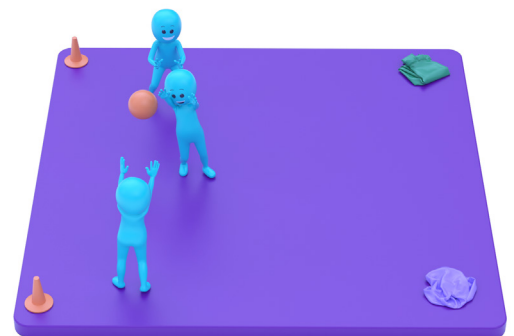
TAG

| | SPACE | EFFORT | RELATIONSHIP |
|--|--|---|--|
| WIDE ZONES DOWN EACH SIDE OF THE PITCH, BONUS POINT FOR BALL THROWN INTO AND OUT OF WIDE ZONE | More space created for players to use | Players use more endurance to play in larger spaces | Attackers find space to receive ball from player in wide zone |
| BONUS POINT FOR SUCCESSFUL FEINT SENDING DEFENDER THE WRONG WAY | Successful feint increases space available to attacker | Stronger push-off, to initiate change of direction | Defenders have to make decisions on the best position to take to reduce choices for the attacker |
| THREE PASS TO TOUCH DOWN | Players vary pathways to support ball carrier | Keeping close to ball carrier forces shorter, stop-start dodging movements using varying amounts of force | Attackers make decisions on where to be to help the ball carrier |



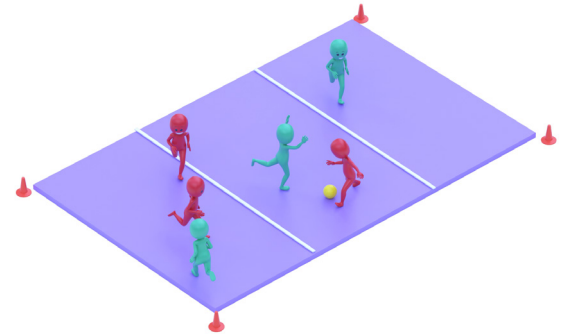
SPACE INVADERS 1

| | SPACE | EFFORT | RELATIONSHIP |
|---|---------------------------------------|---|---|
| PLAYER TOWARDS A TARGET LINE | Move forwards towards the target line | Vary type of throw to outwit defender | Decide when to pass, depending on defender's position |
| 8 SUCCESSFUL PASSES, ONE POINT | Move into space to receive ball | Change speed depending on defender's position | Move towards partner to facilitate pass |
| COLD DEFENCE (Defender acts like an obstacle, does not actively defend) | Change level and trajectory of pass | Choose type of throw dependent on defender's position | Move towards teammate to receive pass |



SPACE INVADERS 2

| | SPACE | EFFORT | RELATIONSHIP |
|---|--|--------------------------------------|---|
| PASSING USING FEET | Keep ball on the ground | Vary force of pass | Trap ball, choose teammate in best position then pass |
| DEFENDERS CAN MOVE INTO THE ADJACENT THIRD | Reduced space, short, quick passes | Changes of speed to outwit opponents | Deciding which teammate to pass to depending on position of defenders |
| INTERCEPTION CAUSES TURNOVER OF BALL TO OTHER TEAM | Choose pathways dependent on position of defenders and teammates. (Move towards teammate and away from defender) | Quick "give and go" | Position yourself nearer to the receiver in order to intercept the pass |



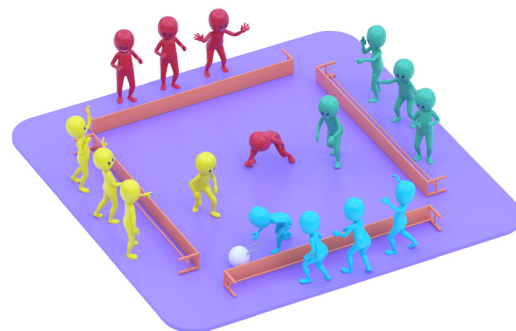
SPACE INVADERS 3

| | SPACE | EFFORT | RELATIONSHIP |
|---|--|---|--|
| REDUCE SIZE OF PLAYING AREA | Less space to move away from defenders | Dribble the ball lower and change body position frequently to shield the ball | Playing the game in closer proximity to opponents and teammates |
| OVERLOAD ONE TEAM | A smaller team will act more defensively giving the larger team more space to create attacks | Create a 2v1 situation and focus on attacking players from different sides | More opportunities to create 2v1 |
| ALLOW PLAYERS TO RETURN ONCE OUT | The space created by knocking out a player is only temporary | The larger team should focus an attack in the time before the return of "knocked out" players | Must be aware of players who may be returning to the games as the game is always 4v4 |



SQUAREBALL

| | SPACE | EFFORT | RELATIONSHIP |
|---|--|---|---|
| REBOUND AND SHOOT. IF A PLAYER SHOOTS AND RETRIEVES THE REBOUND FROM THE BENCH, CAN SHOOT AGAIN. GAME CONTINUES FOR 1 MINUTE. PLAYERS AT THE SIDE KEEP SCORE. BALL IS ROLLED AGAIN | Less space near target areas as both defender and attacker move to receive rebound | Vary the force of the shot to produce a rebound | Aim to hit target at a specific angle to receive the rebound |
| 1 BALL, BETWEEN FOUR TEAMS. PLAYERS CAN SCORE IN ANY GOAL. FIRST TEAM TO SCORE IN EACH WINS. PLAY RESTARTS | Less space to retrieve ball as four players vying for possession | Short, sharp bursts of sustained effort to maintain possession | Try to keep back towards defenders to protect the ball |
| LOSE A POINT, GAIN A PLAYER. IF A TEAM SCORES, OTHER TEAMS CAN HAVE AN EXTRA PLAYER IN THE AREA FOR THE NEXT ROLL IN. MAXIMUM TWO PLAYERS PER TEAM | Space reduced due to more players in the area | Increased effort needed by scoring player, against more defenders | Evaluate position of teammate in relation to opponents and the target and decide whether to pass or shoot |



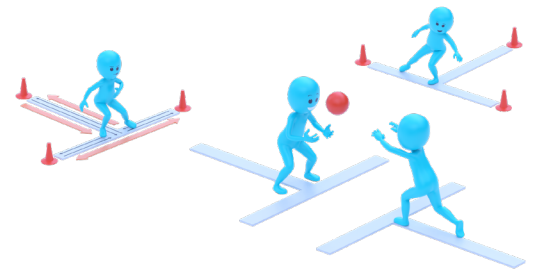
RAID

| | SPACE | EFFORT | RELATIONSHIP |
|--|---|--|--|
| INTRODUCE A DEFENDER WHO CAN TAG PLAYERS. TAGGED, NO EQUIPMENT TAKEN OR RETURNED | Decide on pathway to avoid defender | Hard push-off to dodge | Decide when to run depending on position of defender |
| RUN A LAP, AFTER PICKING UP EQUIPMENT. TAG ANOTHER PLAYER, THEY MUST RETURN OBJECT TO CENTRE HOOP | Change levels quickly to pick up and drop equipment | Accelerate to tag player | Adjust speed depending on position of opponents |
| CHANGE TYPE OF LOCOMOTION (SIDEWAYS, ZIGZAG) | Length of time to cover the space | Endurance needed to maintain different types of locomotion | Change speed depending on distance away from hoops |



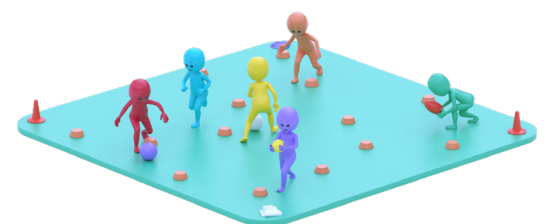
T-TIME

| | SPACE | EFFORT | RELATIONSHIP |
|--|-------------------------------------|--|--|
| 5-BEAT CHALLENGE. (Leader beats out a variety of rhythms on drum/tambourine) 5 BEATS TO GO FROM START, TO EACH CONE AND RECEIVE OBJECT AT THE TOP OF THE T | Vary size of Ts | Adjust speed to arrive on time, according to rhythm | Catch ball at top of T on 5th beat |
| RECEIVE OBJECT AT THE TOP OF THE T (from feeder or player on other T) | Catch an object at different levels | Adjust speed of approach to receive object at top of T | Signal to partner where you wish to receive the object |
| MIRROR PLAYING PARTNER | Use different size Ts | Adjust speed to synchronise arrival at top of T | Move in direction indicated by partner |



GATEWAYS

| | SPACE | EFFORT | RELATIONSHIP |
|--|---|--|---|
| 1-MINUTE TIME LIMIT | Move in different directions, using the space efficiently. (Gates that are close together demand quick one-foot push-off to change direction) | Adjust speed, dependent on distance away from gate | Be aware of others to plan efficient pathway through cones |
| LEAD/FOLLOW A PARTNER. LEADER HAS BALL, RUNS THROUGH A GATE, STOPS BALL, PASSES IT BACK TO PARTNER WHO THEN LEADS | Maintain the object close and under control | Adjust force of pass dependent on position of partner | Maintain distance between partner while dribbling |
| WORK WITH A PARTNER, PASSING THROUGH GATES. ADD IN TWO DEFENDERS WHO TRY TO INTERCEPT BALL | Vary pathways through gates, choosing gates which are easy to get to and away from a defender. Look, decide, pass and move | Change speed through gates, dependent on position of defenders | Check position of defender and signal to partner where you wish to receive the ball |





FULL ASSESSMENT CRITERIA

THIS SECTION PROVIDES THE COACH WITH FULL BODY MOVEMENT ASSESSMENT CRITERIA FOR EACH ACTIVITY IN ADDITION TO THE IDENTIFIED BODY PARTS ON THE CARD.



CORNERBALL

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|--|--|--|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Not looking at ball | <ul style="list-style-type: none"> Looking at ball | <ul style="list-style-type: none"> Looking at ball and other players | | |
| ARMS | <ul style="list-style-type: none"> Minimal backswing and follow through of striking arm Mainly by the side | <ul style="list-style-type: none"> Striking arm swings some way backwards then forwards to push ball Opposite arm held out for balance | <ul style="list-style-type: none"> Striking arm drives back and then forwards to push ball Opposite arm held out and is raised for balance | | |
| LEGS | <ul style="list-style-type: none"> No knee bend No step towards intended direction of ball | <ul style="list-style-type: none"> Partial knee bend Some transfer of weight forwards, may have one foot further forwards than the other | <ul style="list-style-type: none"> Knees bent at 90 degrees Transfer of weight forwards and step with opposite foot to arm pushing ball | | |
| BODY | <ul style="list-style-type: none"> Body facing target with minimal rotation | <ul style="list-style-type: none"> Partial rotation of body to push ball Body is sometimes close to ground | <ul style="list-style-type: none"> Body rotates backwards and then forwards to push ball Body is close to ground | | |

END ZONE 1

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|--|--|--|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Not looking at the ball | <ul style="list-style-type: none"> Looking at the ball | <ul style="list-style-type: none"> Looking at the ball and other players | | |
| ARMS | <ul style="list-style-type: none"> Held by side of body No elbow bend | <ul style="list-style-type: none"> Held in front of body Partial elbow bend | <ul style="list-style-type: none"> Raised in front of body Elbows are bent | | |
| LEGS | <ul style="list-style-type: none"> One or minimal knee bend Feet turn to move in other direction | <ul style="list-style-type: none"> Partial knee bend Step to move in other direction | <ul style="list-style-type: none"> Knees are bent Push from one foot to the other foot to move in opposite direction | | |
| BODY | <ul style="list-style-type: none"> Remains upright No body rotation | <ul style="list-style-type: none"> Slight forward lean Body rotates to face ball in flight of ball | <ul style="list-style-type: none"> Forward lean Body rotates to face ball in flight and then forwards | | |

END ZONE 2

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|---|--|--|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Looking in direction that body travels | <ul style="list-style-type: none"> Looking in the direction of the feint then direction that body travels | <ul style="list-style-type: none"> Looking in the direction of the feint | | |
| ARMS | <ul style="list-style-type: none"> Ball held in two hands in front of body | <ul style="list-style-type: none"> Ball held in one arm | <ul style="list-style-type: none"> Ball held against body by one arm | | |
| LEGS | <ul style="list-style-type: none"> Feet turn to move in other direction | <ul style="list-style-type: none"> Step to turn in opposite direction | <ul style="list-style-type: none"> Push from outside foot to inside foot to move in opposite direction | | |
| BODY | <ul style="list-style-type: none"> Remains upright No body movement in direction of feint or travel | <ul style="list-style-type: none"> Forwards lean Body moves towards direction of travel | <ul style="list-style-type: none"> Slight forwards lean Body moves in direction of feint then in direction of travel | | |

GATEWAYS

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|---|---|--|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Looking down | <ul style="list-style-type: none"> Mostly looking down or in direction of travel | <ul style="list-style-type: none"> Looking in direction of travel | | |
| ARMS | <ul style="list-style-type: none"> Arms straight No arm swing in opposition to legs | <ul style="list-style-type: none"> Minimal arm bend Limited arm swing in opposition to legs | <ul style="list-style-type: none"> Arms bent at approximately 90 degrees Arms swing in opposition to legs (right leg lead/left arm lead) | | |
| LEGS | <ul style="list-style-type: none"> Low heel lift during recovery swing | <ul style="list-style-type: none"> Heels remain below knee during recovery swing | <ul style="list-style-type: none"> Heels brought close to buttocks during recovery swing | | |
| BODY | <ul style="list-style-type: none"> Upright | <ul style="list-style-type: none"> Forward lean | <ul style="list-style-type: none"> Slight forward lean | | |

KABADDI

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|--|---|---|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Not looking at the target player | <ul style="list-style-type: none"> Occasionally looking at the target player | <ul style="list-style-type: none"> Always looking at the target player | | |
| ARMS | <ul style="list-style-type: none"> Held by side Front arm does not reach for the target player | <ul style="list-style-type: none"> Held up and out to side Front arm reaches for the target player | <ul style="list-style-type: none"> Both arms held up and forwards Front arm reaches for target player and other arm reaches behind body | | |
| LEGS | <ul style="list-style-type: none"> Minimal knee bend No push-off from either leg to change direction | <ul style="list-style-type: none"> Both knees bent Trailing leg does not fully extend to push off in opposite direction | <ul style="list-style-type: none"> Leading knee bent, back leg straight Trailing leg fully extends to push off in opposite direction | | |
| BODY | <ul style="list-style-type: none"> Upright or twisted sideways | <ul style="list-style-type: none"> Slight forward lean | <ul style="list-style-type: none"> Leans forwards, bringing chest close to front knee | | |

MAT ROUNDERS

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|---|--|---|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Not focused on the ball or target | <ul style="list-style-type: none"> Focused on the ball | <ul style="list-style-type: none"> Focused on the ball and target | | |
| ARMS | <ul style="list-style-type: none"> No backswing of throwing arm behind body Throwing arm follows through downwards Non-throwing arm held by side | <ul style="list-style-type: none"> Throwing hand swung behind body during backswing Throwing arm extends forwards to follow through Non-throwing arm held up or out to side | <ul style="list-style-type: none"> Throwing hand and arm swung behind body during backswing Throwing arm extends to follow through in direction of target Non-throwing arm held up and pointing in direction of target | | |
| LEGS | <ul style="list-style-type: none"> Legs straight to receive ball No step towards target during throw | <ul style="list-style-type: none"> Legs partially bent to receive ball Step forwards with same leg as throwing arm to release | <ul style="list-style-type: none"> Legs bend to 90 degrees to receive ball Step forwards with leg opposing throwing arm to release | | |
| BODY | <ul style="list-style-type: none"> No rotation backwards during throw | <ul style="list-style-type: none"> Partial rotation backwards during throw | <ul style="list-style-type: none"> Rotates backwards so body is side-on to target during throw | | |

POTTED SKILLS CIRCUIT

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|---|---|--|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Looking at ball | <ul style="list-style-type: none"> Looking at ball and direction of travel | <ul style="list-style-type: none"> Looking at direction of travel | | |
| ARMS | <ul style="list-style-type: none"> Slaps the ball with hand, straight arm Dominant hand used to bounce ball | <ul style="list-style-type: none"> Pushes ball with partial bend of arm Uses either hand to bounce ball but still favours one | <ul style="list-style-type: none"> Arm bends to absorb ball and extends to push ball Uses either hand equally well | | |
| LEGS | <ul style="list-style-type: none"> Straight Runs around the cones | <ul style="list-style-type: none"> Partially bent Shifts weight sideways around cones | <ul style="list-style-type: none"> Bent Push from outside foot to inside foot around cones | | |
| BODY | <ul style="list-style-type: none"> Body twists Body is upright | <ul style="list-style-type: none"> Body twists Partial forward lean | <ul style="list-style-type: none"> Minimal body movement Partial forward lean | | |

RAID

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|--|---|--|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Looking down | <ul style="list-style-type: none"> Mostly looking down or in direction of travel | <ul style="list-style-type: none"> Looking in direction of travel | | |
| ARMS | <ul style="list-style-type: none"> Arms straight No arm swing in opposition to legs | <ul style="list-style-type: none"> Minimal arm bend Limited arm swing in opposition to legs | <ul style="list-style-type: none"> Arms bent at approximately 90 degrees Arms swing in opposition to legs (right leg lead/left arm lead) | | |
| LEGS | <ul style="list-style-type: none"> Low heel lift during recovery swing Leading leg is straight at take-off | <ul style="list-style-type: none"> Heels remain below knee during recovery swing Leading leg is almost straight at take-off | <ul style="list-style-type: none"> Heels brought close to buttocks during recovery swing Leading leg extends at take-off | | |
| BODY | <ul style="list-style-type: none"> Upright | <ul style="list-style-type: none"> Forward lean | <ul style="list-style-type: none"> Slight forward lean | | |

SQUARE BALL

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|---|--|---|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Not looking at ball | <ul style="list-style-type: none"> Looking at ball | <ul style="list-style-type: none"> Looking at other players and ball | | |
| ARMS | <ul style="list-style-type: none"> Arm remains straight during movement Ball is away from body when moved | <ul style="list-style-type: none"> Partial bend of arm during movement Ball is closer to body when moved | <ul style="list-style-type: none"> Arm bent at 90 degrees during movement Ball kept close to body | | |
| LEGS | <ul style="list-style-type: none"> No knee bend Limited foot movement towards reverse direction | <ul style="list-style-type: none"> Knees bent Step in direction of ball | <ul style="list-style-type: none"> Arm bent at 90 degrees during movement Ball kept close to body | | |
| BODY | <ul style="list-style-type: none"> No body rotation Body does not face direction of travel | <ul style="list-style-type: none"> Body rotates in direction of travel | <ul style="list-style-type: none"> Body rotates and leans forward in direction of travel | | |

SPACE INVADERS 1 2V1

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|--|---|---|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Not looking at the ball | <ul style="list-style-type: none"> Looking at the ball | <ul style="list-style-type: none"> Looking at the ball and other players | | |
| ARMS | <ul style="list-style-type: none"> Held by side, not ready to receive ball Ball is caught with arms and body | <ul style="list-style-type: none"> Held in front of body to receive ball Ball is caught with hands only | <ul style="list-style-type: none"> Held up and in front of body to receive ball Ball is caught in hands only in front of body | | |
| LEGS | <ul style="list-style-type: none"> No step towards flight of ball Feet are planted after ball caught | <ul style="list-style-type: none"> Feet adjust to flight of ball Feet turn towards direction of throwing target | <ul style="list-style-type: none"> Step towards flight of ball Step in direction of throwing target | | |
| BODY | <ul style="list-style-type: none"> No rotation towards flight of ball | <ul style="list-style-type: none"> Partial rotation of body towards flight of ball | <ul style="list-style-type: none"> Rotates and leans towards flight of ball | | |

SPACE INVADERS 2 3V2

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|--|---|---|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Not focused on the ball Eyes positioned behind ball at point of contact | <ul style="list-style-type: none"> Eyes up before point of contact Eyes positioned over ball and looking forwards at point of contact | <ul style="list-style-type: none"> Focused on the ball at point of contact Eyes positioned over the ball at point of contact | | |
| ARMS | <ul style="list-style-type: none"> Not held out to the side No arm swing as ball is kicked | <ul style="list-style-type: none"> Held out low to the side Minimal arm swing as ball is kicked | <ul style="list-style-type: none"> Held out at shoulder height at point of contact Same arm as kicking leg held lower and swings back at point of contact | | |
| LEGS | <ul style="list-style-type: none"> Runs straight at the ball Foot not planted next to the ball Kicking leg does not follow through in direction of target | <ul style="list-style-type: none"> Runs at minimal angle towards the ball Non-kicking foot planted away from the ball Minimal knee bend during backswing Minimal follow-through of kicking leg in direction of target | <ul style="list-style-type: none"> Runs at 45-degree angle to the ball Non-kicking foot planted next to the ball Knee bends during backswing Kicking leg follows through in direction of target | | |
| BODY | <ul style="list-style-type: none"> Upright or leaning backwards at point of contact | <ul style="list-style-type: none"> Leaning in direction of target at point of contact | <ul style="list-style-type: none"> Forward lean in direction of target at point of contact | | |

SPACE INVADERS 3 4V4

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|--|--|--|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Looking at ball | <ul style="list-style-type: none"> Looking at ball and other players | <ul style="list-style-type: none"> Looking at other players | | |
| ARMS | <ul style="list-style-type: none"> Slaps ball with straight arm Other arm held by side | <ul style="list-style-type: none"> Pushes ball with partial bend of arm Other arm is held out | <ul style="list-style-type: none"> Arm bends to absorb ball and extends to push ball Other arm is held out, shielding ball from the defender | | |
| LEGS | <ul style="list-style-type: none"> Straight Front leg not used to shield ball from defender | <ul style="list-style-type: none"> Partially bent Front leg used to shield ball from the defender | <ul style="list-style-type: none"> Bent Front leg is used to constantly shield ball from the defender | | |
| BODY | <ul style="list-style-type: none"> Body is upright Body is not used to shield ball from the defender | <ul style="list-style-type: none"> Partial forwards lean not over the ball Body is used to shield ball from the defender | <ul style="list-style-type: none"> Forwards lean over ball Body is used to constantly shield ball from the defender | | |

TAG

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|--|---|--|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Not focused on ball or thrower | <ul style="list-style-type: none"> Looking at the ball or other players | <ul style="list-style-type: none"> Focused on the ball into the hands | | |
| ARMS | <ul style="list-style-type: none"> Arms are held by the side to receive ball Ball is not carried in two hands | <ul style="list-style-type: none"> Arms are in front of body to receive ball Ball is carried in two hands | <ul style="list-style-type: none"> Arms are held up and in front of body to receive ball Ball is carried in two hands, close to body | | |
| LEGS | <ul style="list-style-type: none"> Feet are planted to catch ball | <ul style="list-style-type: none"> Takes step towards flight of the ball | <ul style="list-style-type: none"> Takes step towards flight of the ball and continues running forwards | | |
| BODY | <ul style="list-style-type: none"> Body does not turn towards flight of the ball Body upright when running with the ball | <ul style="list-style-type: none"> Body leans towards flight of the ball Forwards lean when running with the ball | <ul style="list-style-type: none"> Slight lean towards thrower and moves to flight of ball Slight forwards lean when running with ball | | |

T-TIME

| | 1 EMERGING MOVEMENT | 2 DEVELOPING MOVEMENT | 3 MOVEMENT ACCOMPLISHED | 4 COMBINES SPORT PLAY SKILLS WITH FLUENCY AND CONTROL | 5 TASK IS PERFORMED WITH ACCURACY AND AT SPEED/WITH TEMPO |
|--------------------|--|---|---|--|--|
| DESCRIPTION | DIFFICULTY IN PERFORMING ONE OR BOTH SPORT PLAY SKILLS | SOME ASPECTS OF SPORT PLAY SKILLS STILL REQUIRE DEVELOPMENT | CAN PERFORM BOTH SPORT PLAY SKILLS | | |
| EYES | <ul style="list-style-type: none"> Looking down or sideways across the top of the T | <ul style="list-style-type: none"> Looking forwards and occasionally sideways | <ul style="list-style-type: none"> Looking forwards | | |
| ARMS | <ul style="list-style-type: none"> Held down at side of body Either arm reaches for target | <ul style="list-style-type: none"> Held up at side of body Leading arm reaches for target | <ul style="list-style-type: none"> Bent and held in front of body Leading arm reaches for target and other arm remains high | | |
| LEGS | <ul style="list-style-type: none"> Legs straight Feet close together in lunge | <ul style="list-style-type: none"> Both knees are bent Feet wide apart in lunge | <ul style="list-style-type: none"> Leading knee bent, back leg straight in lunge Trailing leg fully extends to push off in opposite direction | | |
| BODY | <ul style="list-style-type: none"> Body twists | <ul style="list-style-type: none"> Shoulders facing forwards Chest low | <ul style="list-style-type: none"> Shoulders facing forwards Chest high | | |

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