Motor Skill Test # 1 – Throwing

Task: Throwing
Evaluate student on the scale, based off the cues for throwing

\[ S = \text{Success} = \text{Scale: 3, 4} \]
\[ N = \text{Not Successful} = \text{Scale: 2 or below} \]

**Cues for overhand throwing**

"Side to target": Point non-throwing side/shoulder to the target (i.e., if left handed thrower, point right shoulder/side towards target).

"Arm way back": Throwing arm way back behind head.

"Step": Step with your opposite foot towards target (i.e., if throwing with left hand, step towards target with your right foot).

"Rotate": Rotate hips toward intended target while arm is moving forward.

"Follow through": Follow through by letting your throwing arm come across the opposite side of your body.

Motor Skill Test # 2 – Catching

Task: Catching
Evaluate student on the scale, based off the cues for catching

\[ S = \text{Success} = \text{Scale: 3, 4} \]
\[ \text{Not Successful} = \text{Scale: 2 or below} \]

**Cues for Catching**

"Track": Track the ball with your eyes all the way into your hands.

"Reach": Reach arms towards ball.

"Give": Give with ball as ball hits hands to make it a soft catch.

"Pinkies and Thumbs": Pinkies together if ball is below waist. Thumbs together if ball is above waist.

"Quick Feet": Move your feet quickly to get into position to catch the ball.

Recording scores: (Record on PEP Grant Scoresheet; Once for pre-test and once for post-test)

Motor Skill #1 – Record ‘S’ for success; Record ‘N’ for not successful

Motor Skill #2 – Record ‘S’ for success, Record ‘N’ for not successful