

Assessment Tool: Checklists: Grades 9 and 10: Movement Skill Description Cards

MOVEMENT SKILLS DESCRIPTION
BASEBALL OVERHAND THROW (SENDING SKILLS FOR DISTANCE)

Ready Position	Execution	Follow Through
<ul style="list-style-type: none"> • knees bent, wide stance • lower centre of gravity • upper body facing forward • even distribution of weight, ready to move • eyes focused on target 	<ul style="list-style-type: none"> • move into position: feet shoulder width apart with opposite foot forward • eyes on target • weight on rear foot • throwing arm: upper arm is raised shoulder high, forearm is lifted above and behind head, wrist is flexed, hand points backwards • opposite elbow is raised for balance • trunk rotates to throwing side • throwing elbow moves from side to front as it extends • ball is released as weight is shifted by taking a step forward with the opposite foot • release ball at full arm extension 	<ul style="list-style-type: none"> • body continues in the direction of throw • follow through with arm in direction of the target • weight transfers forward onto front foot • body movement controlled and balanced • prepare for ready position

MOVEMENT SKILLS DESCRIPTION
BASKETBALL CHEST PASS (SENDING SKILLS FOR ACCURACY)

Ready Position	Execution	Follow Through
<ul style="list-style-type: none"> • knees bent, wide stance • lower centre of gravity • upper body facing forward • even distribution of weight, ready to move • eyes on target 	<ul style="list-style-type: none"> • move into position: feet shoulder width apart with opposite foot slightly forward • eyes on target • fingers on sides of ball and thumbs behind the ball • ball at chest height and elbows out to the sides • weight transfer to back leg • ball moves backwards • extend arms forward and flip thumbs downward as arms are released • release ball during forward thrust with arms • step forward with one foot 	<ul style="list-style-type: none"> • arms continue in the direction of the pass • weight transfers forward • body movement controlled and balanced • prepare for ready position