

PE · GRADES 3–4

Sports Skills Assessment

Teacher checklist

Throwing & catching

- Underarm throw — accurate to 5 m target
- Two-handed catch — 5 in a row from a partner
- Catches a moving ball while running
- Overarm throw — accurate to 10 m target
- One-handed catch — 3 in a row

Balance & coordination

- Stand on one leg for 30 seconds
- Hop 10 times on each foot
- Forward roll with control
- Walk along a line heel-to-toe
- Skip with a rope 10 in a row

Game play

- Plays fairly and follows rules
- Encourages others without being asked
- Reflects on own performance afterwards
- Communicates with teammates
- Accepts referee/teacher decisions

