

PE Standard 2.2.2.MSC.3 and 2.2.2.MSC4 Grade 1  
MP2a Throwing and Catching

Pre test	Proficiency 3 points	Utilization 2 points	Control Level 1 point	Precontrol Level 0 points	Student is able to differentiat e between the three movements and model each one on command
Throwing	Observed step forward with foot opposite the throwing hand. Observed hip rotation. Elbow flexed and held away from body on backswing.	Observed step forward with foot opposite the throwing hand. Observed hip rotation (non-throwing shoulder pointed in the direction of target). Elbow not flexed and held away from body on backswing.	Observed step forward with foot opposite the throwing hand. No hip rotation. Elbow not flexed and held away from body on backswing.	No forward step with foot opposite the throwing hand. No hip rotation. Elbow not flexed and held away from body on backswing.	
Catching	Elbows flexed in preparation for making the catch. Ball is caught with hands only.	Elbows flexed in preparation for making the catch. Ball is caught with hands only.	Elbows flexed in preparation for making the catch. Ball is trapped against the body.	Elbows extended in preparation for making the catch. Ball is trapped against the	

	Elbows extend as the catch is made. Eyes track the ball into hands.	Elbows extend as catch is made. Eyes do not track the ball into the hands.	Elbows remain flexed. Child "flinches" or does not track the ball into the hands.	body. Elbows remain flexed. Child "flinches" or does not track the ball into the hands.	
Throwing and Catching	Throwing and catching a Frisbee in different places around the body with partner. Throwing to avoid a defender. Throwing and catching in small sided invasion game. Throwing and catching while using simple off/def.	Moving to catch. Catching to throw quickly to a target/partner. Throwing to make a partner move. Throwing on the move. Throwing and catching while traveling.	Throwing sidearm Throwing underhand Throwing overhand Throwing an object to different levels and catching. Throwing and catching with a partner. Throwing a frisbee	Toss to self and catch Drop and catch Catch from skilled thrower. Catching a rolling ball Throwing at a target.	

PE standard 2.2.2.MSC5 Grade 1

Post test	Proficiency 3 points	Utilization 2 points	Control Level 1 point	Precontrol Level 0 points	Student is able to differentiate between the three movements and model each one on command
Throwing	Observed step forward with foot opposite the throwing hand. Observed hip rotation. Elbow flexed and held away from body on backswing.	Observed step forward with foot opposite the throwing hand. Observed hip rotation (non-throwing shoulder pointed in the direction of	Observed step forward with foot opposite the throwing hand. No hip rotation. Elbow not flexed and held away from body on	No forward step with foot opposite the throwing hand. No hip rotation. Elbow not flexed and held away from body on	

		target). Elbow not flexed and held away from body on backswing.	backswing.	backswing.	
Catching	Elbows flexed in preparation for making the catch. Ball is caught with hands only. Elbows extend as the catch is made. Eyes track the ball into hands.	Elbows flexed in preparation for making the catch. Ball is caught with hands only. Elbows extend as catch is made. Eyes do not track the ball into the hands.	Elbows flexed in preparation for making the catch. Ball is trapped against the body. Elbows remain flexed. Child "flinches" or does not track the ball into the hands.	Elbows extended in preparation for making the catch. Ball is trapped against the body. Elbows remain flexed. Child "flinches" or does not track the ball into the hands.	
Throwing and Catching	Throwing and catching a Frisbee in different places around the body with partner. Throwing to avoid a defender. Throwing and catching in small sided invasion game. Throwing and catching while using simple off/def.	Moving to catch. Catching to throw quickly to a target/partner. Throwing to make a partner move. Throwing on the move. Throwing and catching while traveling.	Throwing sidearm Throwing underhand Throwing overhand Throwing an object to different levels and catching. Throwing and catching with a partner. Throwing a frisbee	Toss to self and catch Drop and catch Catch from skilled thrower. Catching a rolling ball Throwing at a target.	