

TOSSING GRADE LEVEL OUTCOMES

KINDERGARTEN

Tosses with opposite foot forward

FIRST GRADE

Tosses while demonstrating 2 of the 5 critical elements of a mature pattern

Elements :

- Face target
- Use dominant hand
- Step with Non - Dominant foot
- Swing arm
- Release with palm facing

SECOND GRADE

Student tosses using mature pattern mature pattern consists of

- Facing target
- Using dominant hand
- Stepping with non-dominant foot
- Swinging arm
- Releasing with palm to ceiling

THIRD GRADE

Student tosses to a target with reasonable accuracy

TOSSING GRADE LEVEL OUTCOMES

KINDERGARTEN

Drops a ball and catches it before it bounces twice.

FIRST GRADE

Catches a soft object from a self- toss before it bounces.

SECOND GRADE

Catches a self tossed or well-thrown large with hands, not trapping or cradling against the body .

THIRD GRADE

Catches a gently tossed hand- size ball from a partner demonstrating 4 of the 5 critical elements of a mature pattern.

Elements:

- Extend arms outward for each for ball
- Watch the ball all the way into the hands
- Catch with hands only ; no cradling against the body
- Pull the ball into the body as the catch is made.
- Curl the body slightly around the ball.