

Stages of Achievement Assessment Resource Fundamental Movement Skills Object Control

CATCHING Initial Stage

Achievement			Stage Number	Stage description Building fundamental knowledge and skills
★	★★	★★★		
			1	Throw a scarf upwards and catch.
			2	Throw a scarf upwards, clap, and then catch.
			3	Throw a scarf and catch while walking.
			4	Throw a scarf and catch as low to the ground as possible.
			5	Place a ball in the scarf and throw it high in the air. Wait for the scarf to float down and catch it in your hands or
			6	Throw and catch a ball with your arms and hands.
			7	Catch various-sized balls using only your hands.
			8	Catch a ball with your hands close to the ground.

CATCHING Emerging Stage

Achievement			Stage Number	Stage description Attaining an understanding and capability, with the ability to perform tasks
★	★★	★★★		
			9	Catch a ball above your head.
			10	Catch a ball to the left side of your body.
			11	Catch a bouncing ball.
			12	Throw a ball into a wall and catch it.
			13	Throw a ball high on a wall and catch it.
			14	With a ball in a scarf, throw both high in the air and catch them together.
			15	Throw a ball into a wall, let it bounce once and then move to where you think it might be caught.
			16	Left and Right: Using paper balls, have a partner throw to your left or right and then move in that direction to catch the ball when thrown.

CATCHING Proficient Stage

Achievement			Stage Number	Stage description Achieving a high level of success, with the ability to innovate and excel
★	★★	★★★		
			17	Have a partner throw a ball to you while you are running towards them.
			18	Have a partner throw a football in the air for you to run up and catch above your head.
			19	Determine how many bounce pass catches you can perform with a partner in one minute.
			20	Using various-sized balls, discover together which is the easiest to catch.
			21	Have a partner strike a ball with a racquet in the air. Can you catch it?
			22	Bounce a rebound ball into the ground. Can you catch the ball on one bounce, two bounces, three bounces, etc.?
			23	Try to perform some incredible catches - be creative here.
			24	Play a game of small-sided such as Volleycatch.

PUNT

TWO HAND STRIKE

CATCHING

OVERHAND THROW

FOREHAND STRIKE

BOUNCING

KICK

UNDERARM THROW

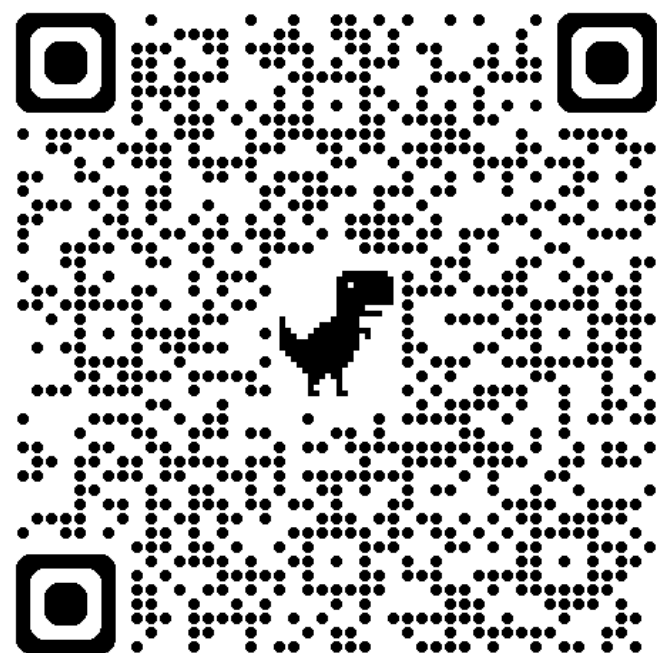
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Use this resource in conjunction with our FMS Posters to engage your students further.

SCAN HERE



FUNDAMENTAL Movement Skills Posters

Explore fundamental movement skills in object control through this collection of posters, designed to complement the eBook "Fundamental Movement Skills" by ACHPER Victoria in 2020. Each poster within the collection is not merely a visual aid but a comprehensive guide, offering insights into skill components, highlighting common issues that educators may observe, and outlining learning Challenges across three stages of student competence.



OBJECT CONTROL POSTERS
READY TO PRINT & DISPLAY

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achper
VICTORIA

How to Use This Assessment Checklist for Student-Guided Learning Introduction:

This assessment checklist is designed to help students progressively develop their throwing and catching skills. By guiding their own learning through a series of increasingly challenging tasks, students can build confidence and track their own progress.

Steps for Students:

1. **Understand the Goals:** Begin by understanding that each task on the checklist is a step towards improving object control abilities. The tasks are designed to be progressively harder to help build skills gradually.
2. **Self-Assessment:** Use the checklist to self-assess skills. Mark progress and reflect on the performance to identify areas of strength and areas that need more practice.
3. **Practice Each Task:** Start with the first task and practice until the task becomes easy to achieve. (Or automatic in action. Task achievement will be varying for every student.
4. **Set Personal Goals:** Encourage students to set specific goals at the beginning of units of work.
5. **Peer Feedback:** Work with a partner to give and receive feedback. Partners can watch each other perform each task and provide feedback. This feedback can then be shared with others if required.
6. **Progress Tracking:** Keep a record of the progress. Use the checklist to mark the date the task becomes easy to achieve.(or automatic in action) Over time, this will help students see how much they have improved and assist students to set new goals.
7. **Reflect and Adjust:** At the end of each session, encourage students to take a few minutes to reflect on their performance. Ask what went well and what did they find challenging.
8. **Celebrate Successes:** Celebrate achievements, no matter how small. Recognising progress helps build confidence and encourages students to keep working towards their goals.

What do the
FMS assessment
cards provide
students?

8 Fundamental
Movement
Skills



3 Learning
Stages



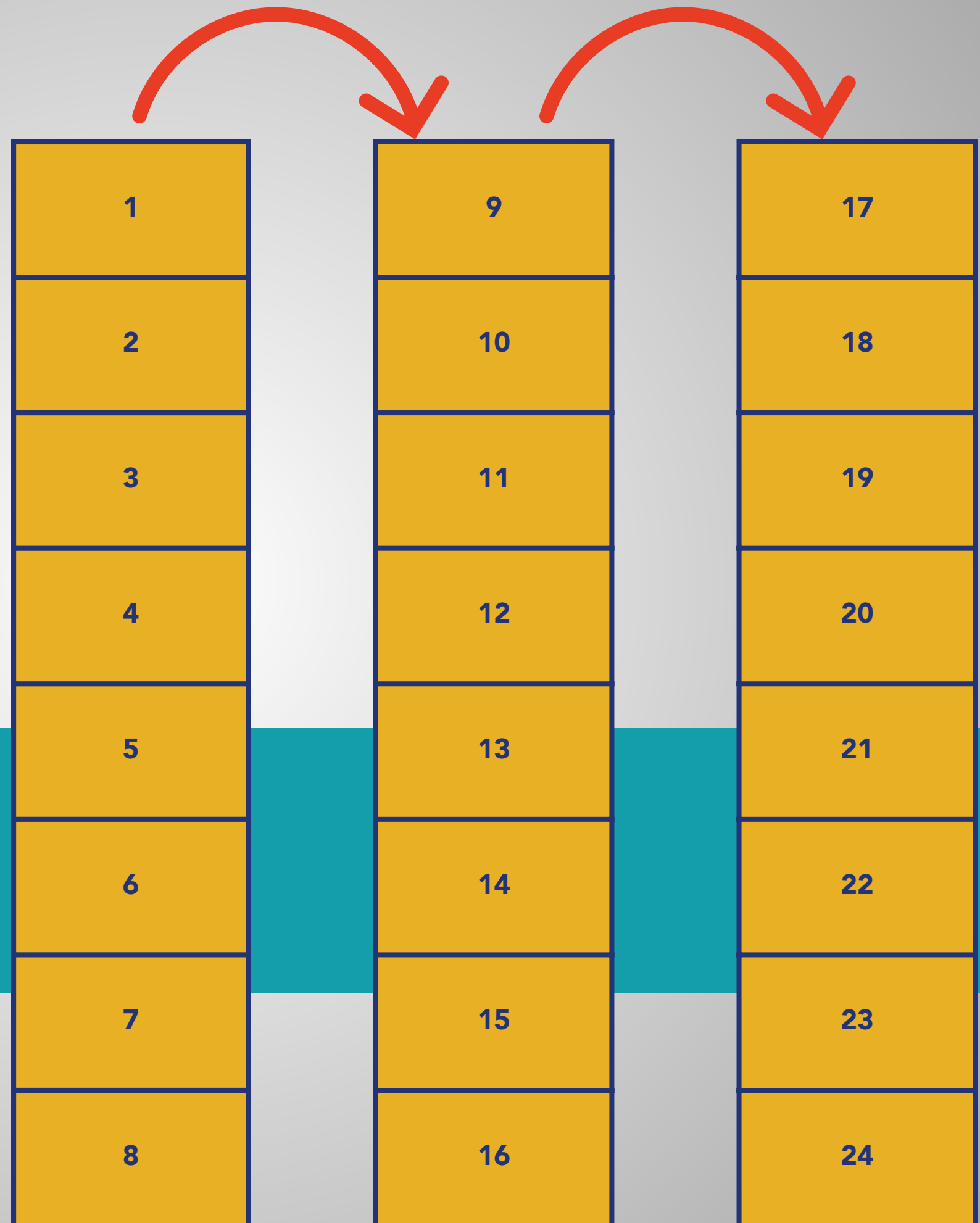
8 Activities
per learning
stage

1
2
3
4
5
6
7
8

Each FMS
has 24
progressive
activities

24

Activities per
skill category



Students can track their process using the following key:



Achievement			Stage Number	Stage description
★	★★	★★★		
			9	★ Just Starting ★★ Almost There ★★★ Level Achieved
			10	
			11	
			12	
			13	
			14	
			15	
			16	

CATCHING



Initial Stage

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CATCHING



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CATCHING



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