Name/Title: **Catching Self Assessment**

Purpose of Event: To assess the student's ability to catch a self tossed ball at different levels and move in different directions to catch.

Suggested Grade Level: 3-5

Materials Needed: 1 tennis ball, task sheet provided below, and 1 pencil per student.

Time Needed to Complete: 30 minutes.

Description of Idea

Students are given the following "catching a self tossed ball" task sheet. They attempt each skill five times in row. After each skill rate they rate their ability to perform the task.

To view the assessment sheet you will need to download the free Acrobat Reader program. Click here to download.

Throw and Catch Assessment Sheet (PDF File)

Submitted by **Jeremy Corona** who teaches at Central Elementary School in Lake Bluff, IL. Thanks for contributing to PE Central! **Posted on PEC: 8/24/2004**.

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