

MOTOR SKILLS TESTS EXPLANATION - 4th GRADE

SKILL	TEST	RESULT		
		Very good	Normal	It could be better
Skipping rope test	<p>Jump the rope more than 5 consecutive times and change the type of jump at least once while jumping, without tripping up, ⇒ Example: on one foot, feet together, jogger jump, etc.</p>	+ than 10 jumps	Between 5 and 10 jumps	- than 5 jumps
Bouncing and driving test	<p>Bouncing and driving shuttle race: Go running at the same time you bounce a ball and surround 5 cones in zig-zag (the cones are separated 2 meters apart), then go back to the start line driving a ball with your feet as fast as you can, surrounding the cones in zig-zag again, without losing control of the ball.</p>	- than 18 seconds	Between 18 and 25 seconds	- than 25 seconds