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| **Class:**  **Assessment date:** | **OVERALL CHECK: Does it look right?** | **1. Eyes focused on the object throughout the catch** | **2. Feet move to place the body in line with the object** | **3. Hands move to meet the object** | **4. Hands and fingers relaxed and slightly cupped to catch the object** | **5. Catches and controls the object with hands only (well-timed closure)** | **6. Elbows bend to absorb the force of the object** |
| **Assessment key:**  ✓ Achieved  ND Not demonstrating |
| **Student name** |
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[Get Skilled: Get Active](https://schoolsequella.det.nsw.edu.au/items/3847e308-dbe1-4ece-b751-d042287293e6/1/) K-6 resource to support the teaching of fundamental movement skills, [PDHPE Curriculum Resources](https://education.nsw.gov.au/teaching-and-learning/curriculum/pdhpe/physical-literacy/resources) (© State of New South Wales, Department of Education, 2016); [CC-BY 4.0](http://creativecommons.org/licenses/by/4.0/)