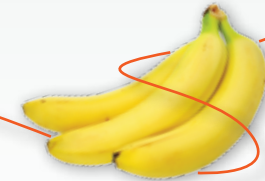




SPORTS  
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## Physical activity skills manual



## Part 3:

Checklists to assess learners' skills development

# Physical activity skills manual:

## Part 3



The checklists allow you to track how well the learners are doing in performing the skills activities. You can make photocopies of the checklist for each skill so you can assess all the learners in all your classes.

### Content:

#### Locomotion skills

- 1 Walking
- 2 Running
- 3 Hopping
- 4 Jumping
- 5 Dodging
- 6 Skipping

#### Balance skills

- 1 Balancing
- 2 Rotating
- 3 Landing

#### Manipulation skills

- 1 Throwing
- 2 Catching
- 3 Striking with hands
- 4 Striking with feet
- 5 Striking with an implement
- 6 Blocking with an implement



































Discovery has endeavoured to ensure that all the information contained in the lesson plans and supporting literature is accurate and based on credible clinical and scientific research. Discovery cannot however, be held responsible for any injury, loss or damages that may result from reliance on the information, and by utilising the information the user specifically waives any claim it may have against Discovery in this regard. Users are advised that each individual has their own unique clinical make-up and while the lesson plans were designed with all individuals in mind, some may respond differently to others. Users are therefore advised to take due caution when participating in any of the activities recommended.

Notes

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