

I Minute Challenge Assessment Criteria



ASSESS THE VISUAL AND COORDINATION SKILLS ASSOCIATED WITH THROWING AND CATCHING A BALL. Throwing and catching skills are fundamental for participation in all ball sports. The data shown below shows the competence level at various age groups for each of the challenge levels. A = Achieved M = Merit E = Excellence

CHALLENGE	AGE													
	3	4	5	6	7	8	9	10	11	12	13	14	15	16
COMPETENCE LEVEL	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E	A M E
1 THROW & CATCH														
Level 1	2 4 6	4 8 10	8 12 15	10 16 20	13 20 25	15 24 30	18 28 35	20 32 40	22 35 43	23 37 46	24 39 48	25 40 50	27 43 54	28 45 56
Level 2			5 8 10	7 12 14	9 14 18	11 18 22	13 21 26	15 24 30	17 28 34	19 31 38	21 34 42	23 37 46	25 40 50	27 44 54
Level 3					6 10 12	8 12 16	10 15 20	11 18 24	12 20 28	13 22 32	14 24 34	15 26 36	16 28 38	17 30 40
2 THROW CATCH & STEP														
Level 1			2 4 6	4 8 10	8 12 15	10 16 20	13 20 25	15 24 30	18 28 35	20 32 40	22 35 43	23 37 46	24 39 48	25 40 50
Level 2					5 8 10	7 12 14	9 14 18	11 18 22	13 21 26	15 24 30	17 28 34	19 31 38	21 34 42	23 37 46
Level 3						6 10 12	8 12 16	10 15 20	11 18 24	12 20 28	13 22 32	14 24 34	15 26 36	
3 THROW CATCH & RUN														
Level 1					4 6 8	5 7 9	6 8 10	7 9 11	8 10 12	9 11 13	10 12 14	11 13 15	12 14 16	13 15 17
Level 2							5 7 9	6 8 10	7 9 10	8 10 12	9 11 13	10 12 14	11 13 15	12 14 16
Level 3									5 7 9	6 8 10	7 9 11	8 10 12	9 11 13	10 12 14
4 STEP BACK														
Level 1									8 10 12	9 11 13	10 12 14	11 13 15	12 14 16	13 15 17
Level 2									8 10 12	9 11 13	10 12 14	11 13 15	12 14 16	13 15 17
Level 3									4 6 8	5 7 9	6 8 10	7 9 11	8 10 12	9 11 13
5 THROW OTHER ARM														
Level 1			2 4 6	4 8 10	8 12 15	10 16 20	13 20 25	15 24 30	18 28 35	20 32 40	22 35 43	23 37 46	24 39 48	25 40 50
Level 2					5 8 10	7 12 14	9 14 18	11 18 22	13 21 26	15 24 30	17 28 34	19 31 38	21 34 42	23 37 46
Level 3						6 10 12	8 12 16	10 15 20	11 18 24	12 20 28	13 22 32	14 24 34	15 26 36	
6 CATCH ONE HAND														
Level 1			2 4 6	4 8 10	8 12 15	10 16 20	13 20 25	15 24 30	18 28 35	20 32 40	22 35 43	23 37 46	13 15 17	25 40 50
Level 2					5 8 10	7 12 14	9 14 18	11 18 22	13 21 26	15 24 30	17 28 34	19 31 38	13 15 17	23 37 46
Level 3						6 10 12	8 12 16	10 15 20	11 18 24	12 20 28	13 22 32	9 11 13	15 26 36	
7 GO 360°														
Level 1							1 2 3	2 3 4	3 4 5	4 5 6	5 6 7	6 8 10	7 9 12	8 10 14
Level 2								1 2 3	2 3 4	3 4 5	4 5 6	5 6 7	6 8 10	7 9 12
Level 3									2 3 4	3 4 5	4 5 6	5 6 7	6 8 10	7 9 12
8 THROW FROM BEHIND														
9 ROTATE YOUR MATES														
10 SLIP CORDON														
Level 1					4 6 8	5 7 9	6 8 10	7 9 11	8 10 12	9 11 13	10 12 14	11 13 15	12 14 16	13 15 17
Level 2							5 7 9	6 8 10	7 9 10	8 10 12	9 11 13	10 12 14	11 13 15	12 14 16
Level 3									5 7 9	6 8 10	7 9 11	8 10 12	9 11 13	10 12 14