

**Unit: Catch, Kick, Foot Dribble & Strike**

**Grade 5**

**Purpose:**

The purpose of this formative assessment is to provide the teacher and students information about how well students understand the concepts of a mature catch, kick, foot dribble and strike with the hand and implements. Students will complete three different tasks in this assessment to determine what they have comprehended from this unit. Students will answer multiple choice, true/false and fill-in-the-blank questions to determine what they know. After the assessment is complete and the teacher has graded the test, the teacher will go through the results with the student so they have an understanding of their comprehension level on this unit regarding catching, kicking, foot dribbling and striking.

**Standards and Benchmarks:**

**M.1.MS.4**

Apply all elements of the mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and implements in dynamic settings.

<u>Learning Targets</u>	<u>Knowledge Items</u>	<u>Reasoning Items</u>
I can describe the mature form and concepts of catching a ball.	1,7,18,20,23	14
I can describe the mature form and concepts of how to kick a ball.	8,19,21,24	5,11
I can describe the mature form and concepts of dribbling with my foot.	2,10,17	
I can describe the mature form and concepts of how to strike a ball with my hand.	3,13,15	25
I can describe the mature form and concepts of how to strike a ball while using an implement.	4,9,12,16,25	6

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Directions:

Over the past few weeks we have learned different concepts about catching, kicking, dribbling with your foot and striking. Once we understand these tasks we can move on to other tasks that we use in sports and activities. Today, we are going to see how well you understand these tasks and if you are ready to move on to new tasks. After you complete this assessment you will be able to go through the questions with me to help you better understand what you know about this material.

You will be taking this short assessment that has 25 questions total. There are 6 multiple choice, 9 true/false, and 10 fill-in-the-blank questions. Each question on this assessment is worth 1 point and the total assessment is worth 25 points.

- You will circle the best letter to answer the multiple choice questions.
- You will circle the word true OR false for the true/false questions.
- You will write the correct word from the word bank on the line for the fill-in-the-blank questions.

You will be given the rest of our physical education time to complete this assessment, which is 50 minutes. Before you begin your test, make sure your name and date are at the top of this page. If you have a question, please raise your hand quietly and I will come over and help you. Remember to read the whole question and its answers before answering the question. When you finish your assessment please flip it over so I know you are finished. To keep busy, you may draw on the back of this test.

Please take your time and try your best!

You may begin your assessment. Good luck! 😊

## Multiple Choice:

After reading each question, circle the correct answer. (1 point each)

- 1) If a person is catching a ball with their thumbs together, where is the ball located?



- a. Below their waist.
- b. Behind you.
- c. Above your head.

- 2) When trapping the ball, where should your foot be?

- a. Under the ball.
- b. On the side of the ball.
- c. On top of the ball.

- 3) When you serve a ball underhand in volleyball, where does the ball touch your hand?

- a. Your fingers.
- b. The heel of your hand.
- c. The palm of your hand.

- 4) Where should your eyes be looking when striking a ball with a bat?

- a. Have your eyes on the ball.
- b. Have your eyes on the field.
- c. Have your eyes on the pitcher.

- 5) What does this picture tell us about the ball?

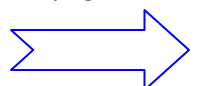


- a. The ball is being kicked so it will stay on the ground.
- b. The ball is being kicked so it will go in the air.
- c. The ball is being dribbled.

- 6) What other sport, besides baseball, do you use an object to strike a ball?

- a. Basketball
- b. Volleyball
- c. Football
- d. Hockey

Good Job! Flip the page.



## **True and False:**

After reading each statement, decide whether or not the statement is correct. If the statement is correct, circle true next to the statement. If the statement is NOT correct, circle false next to the statement. (1 point each)

True or False 7) A boy, who is a receiver in football, should have his fingers facing downward when catching a ball below his waist.

True or False 8) For a good kick, it is important to look at the ball when you are about to kick it.

True or False 9) When a person is striking at a ball with a bat, they should contact the ball with their arms bent.

True or False 10) A person should use the top of their foot while dribbling a ball with their feet.

True or False 11) A person can kick a ball at different levels by contacting the ball with different parts of their feet.

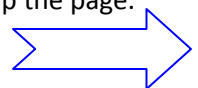
True or False 12) When a person is striking a ball with a tennis racket, they should always have two hands on the racket.

True or False 13) While serving a ball overhand in volleyball, you should use your fist.

True or False 14) A girl, who plays 2<sup>nd</sup> base on her baseball team, will make less errors if she puts her pinky fingers together when a ball is hit to her on the ground.

True or False 15) While serving a ball in volleyball, you should step with your opposite foot.

Good Job! Flip the page.



## **Fill in the Blank:**

Read each sentence, and where there is a blank space in the sentence, decide which word correctly finishes the statement by using one of the words from the word bank at the bottom of this page. (1 point each)

- 16) When you grip a bat as a striking object, your hands should be \_\_\_\_\_.
- 17) When you are dribbling a ball with your foot, you should use the \_\_\_\_\_ of your foot.
- 18) While catching, you should try to get your body in \_\_\_\_\_ with the ball rather than reaching to the side.
- 19) Your \_\_\_\_\_ should never be used to kick a soccer ball.
- 20) While catching, your \_\_\_\_\_ should be on the ball.
- 21) While kicking, you should use your arms for \_\_\_\_\_.
- 22) When you raise your throwing arm, it should go behind your \_\_\_\_\_.
- 23) When catching a ball below your waist, it is best to have your \_\_\_\_\_ together.
- 24) When you kick a ball, you should use the \_\_\_\_\_ of your foot.
- 25) When you strike a ball with your hand, you use different parts of your \_\_\_\_\_ depending on the activity you are doing.

### **Word Bank**

Side	Together	Balance	
Ear	Toes	Hand	Pinkies
Eyes	Line	Top	

**YOU ARE FINISHED! GREAT JOB!**

## Answer Key

1) c

2) c

3) b

4) a

5) b

6) d

7) True

8) True

9) False

10) False

11) True

12) False

13) False

14) True

15) True

16) Together

17) Side

18) Line

19) Toes

20) Eyes

21) Balance

22) Ear

23) Pinkies

24) Top

25) Hand

