|  | Object movement |  |  |  |
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|  | Throwing (1) | Catching and throwing (2) | Bouncing (3) | Dribbling (4) |
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| Qualification | Hitting a small target. | Catching a ball while moving. | Bouncing a ball without losing control. | Dribbling a ball without losing control. |
| Test task | The child throws 6 juggling balls at a target from a distance of 3.0 m . | The child throws up a ball behind the first line, follows the ball and catches it behind the second line. | The child bounces a ball from the starting point around the obstacles to the cone and back without losing the ball. | The child dribbles with the ball from the starting point around the obstacles to the cone and back without losing the ball. |
| Criteria | Hitting the target counts as a point. Overhead casts only. No stepping over the scratch line. | The ball is to be caught when still in the air. While catching, at least one foot has to be on or behind the second line. | The ball can be bounced with two hands. The ball may not be held or lost, nor leave the corridor. Obstales may be touched as long as the flow of movement is not interrupted. | Constant movement. The ball may not be lost, nor leave the corridor. Obstacles may be touched as long as the flow of movement is not interrupted. |
| Evaluation | 6 attempts, number of hits is recorded. | 6 attempts, number of hits is recorded. | 2 attempts, number of successful attempts is recorded. | 2 attempts, number of successful attempts is recorded. |
| Test set-up | A target is placed at a 1.3 m height (lower edge). A scratch line is placed 3.0 m away from the target. | Two lines at a distance of 1.5 m are marked with ground markings, e.g. free-throw line and throw circle. | Marked corridor using tape ( 7.5 m x $1.4 \mathrm{~m})$. Obstacles ( 70 cm wide at a distance of each 1.5 m$)$. Cones as end markers. | Marked corridor using tape ( 7.5 mx 1.4 m ). Obstacles ( 70 cm wide at a distance of each 1.5 m ). Cones as end markers. |
| Materials | - 6 juggling balls <br> - 1 target (diameter: 40 cm ) <br> - Tape | - 1 small gymnastic ball (diameter: 17 cm ) <br> - Tape | - 1 small basketball (size 3, diameter: 17 cm ) <br> - 4 obstacles (8 poles, 4 T-Shirts) <br> - 1 cone <br> - Tape | - 1 soccer ball <br> - 4 obstacles (8 poles, 4 T-Shirts) <br> - 1 cone <br> - Tape |


|  | Self-movement |  |  |  |
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| MOBAK ${ }^{\text {a }}$ | Balancing (5) | Forward roll (6) | Rope skipping (7) | Moving sideways (8) |
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| Qualification | Balancing across a long bench. | Rolling forward starting with a jump. | Rope skipping on the spot. | Changing direction of movement. |
| Test task | The child balances across a long bench without leaving it. | The child performs a roll forward starting with a jump onto a pair of vaulting boxes. | The child skips 20 seconds on the spot. | The child follows the markings moving forwards or sideways around the cones. |
| Criteria | Fluid crossing of the bench without stopping or leaving it. Normal walking (no half steps). Bricks have to be stepped over. Bricks may only be touched on the side. | Jump off with both legs from a standing position. Fluid execution of movement. No rolling off the sides. | Continuous rope skipping for 20 seconds without stopping or making a mistake. Method of jumping can be chosen freely. | On the sidelines forward steps, on the diagnoal lines sidesteps. Fluid change between the forms. Fluid forward steps and sidesteps. |
| Evaluation | 2 attempts, number of successful attempts is recorded. | 2 attempts, number of successful attempts is recorded. | 2 attempts, number of successful attempts is recorded. | 2 attempts, number of successful attempts is recorded. |
| Test set-up | A long bench lays upside down on the floor. Two bricks with the plain side up are taped onto the bench at a distance of 1.0 m from the start and the end. | Two two-piece high vaulting boxes stand alongside each other. One gym mat lays on top and one behind for security. | Skipping ropes are laid out on a free spot. | Four cones build a rectangle ( $2.0 \mathrm{~m} \times 4.0 \mathrm{~m}$ ). The short sides and the diagonals are marked with tape. |
| Materials | - 1 long bench <br> - 2 bricks (ca. $20 \mathrm{~cm} \times 10 \mathrm{~cm}$ ) <br> - Tape | - 2 two-piece high vaulting boxes <br> - 2 gym mats | - Skipping ropes <br> - Stopwatch | - 4 cones <br> - Tape |

