|  | Object movement |  |  |  |
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|  | Throwing (1) | Throwing \& Catching (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 item | The child throws 6 juggling balls at a target. | The child throws a tennis ball at the wall and catches it directly when still in the air. | The child bounces quickly back and forth through an obstacle course. | The child dribbles quickly back and forth through an obstacle course. |
| Criteria | The child has to stand behind the vaulting box. Overhead throws only. Pushing the ball is allowed. Hitting the target counts as a point. | The child has to stay behind the scratch line while throwing. Overhead throw. Scratch line can be stepped over for catching. Ball is caught directly after rebound from the wall. Ball has to be hold for at least 1 sec after catching. | The ball can be bounced with the left or the right hand. The ball may not be held or lost nor leave the corridor. The obstacles may not be touched. Only 25 sec per attempt allowed. | Constant movement. The ball may not be held or lost nor leave the corridor. The obstacles may not be touched. Only 25 sec per attempt allowed. |
| Evaluation | 6 attempts, number of hits is recorded. | 6 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 target is placed at a 1.3 m height (lower edge). A scratch line is placed 3.5 m away from the target. The edge of a vaulting box is placed on the scratch line. | A scratch line of 1.5 m width is marked 4.0 m away from the wall. | Marked corridor ( $8.0 \mathrm{~m} \times 1.1 \mathrm{~m}$ ) with four obstacles ( 0.7 m wide, 2 poles with T-Shirt) at a distance of 1.5 m ; $0.5 \mathrm{~m} ; 4.0 \mathrm{~m} ; 0.5 \mathrm{~m}$. Pole marking the end at a distance of 0.5 m from the corridor. | Marked corridor ( $8.0 \mathrm{~m} \times 1.1 \mathrm{~m}$ ) with four obstacles ( 0.7 cm wide, 2 cones with tape) at a distance of $1.0 \mathrm{~m} ; 1.5$ $\mathrm{m} ; 3.0 \mathrm{~m} ; 1.5 \mathrm{~m}$. Cone marking the end at a distance of 0.5 m from the corridor. |
| Materials | - 6 juggling balls <br> (Diameter: $75 \mathrm{~mm}, 125 \mathrm{~g}$ ) <br> - 1 target (Diameter: 40 cm ) <br> - Upper part of a vaulting box <br> - Tape | - 4 tennis balls <br> - Tape | - 1 basketball (Size 6) <br> - 9 poles <br> - 4 T-Shirts (Size L) <br> - Stopwatch <br> - Tape | - 1 soccer ball (Size 4) <br> - 9 cones (h: 23 cm high, w: 13 cm ) <br> - Stopwatch <br> - Tape |


|  | Self-movement |  |  |  |
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| MOBAR ${ }^{\text {S }}$ | Balancing (5) | Rolling (6) | Rope skipping (7) | Moving variably (8) |
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| Qualification | Balancing across a long bench. | Rolling forward starting with a jump. | Rope skipping on the spot with changing rhythms. | Changing direction of movement. |
| Test item | The child balances back and forth across a long bench and over the obstacles. | The child performs a roll forward starting with a jump over a set up banana box. | The child skips with changing rhythms 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. Movement has to be a jump. Touching of the box is not allowed. Straight rolling movement. Landing on the mat. | The child skips in two freely chosen rhythms. After 10 sec the child has to change the rhythm without stopping and continue skipping for 10 sec in a new rhythm. Mistakes or interruptions are not allowed. | On the side lines forward steps, in the hoops exactly 3 fast steps each, on the diagonal lines sidesteps without crossing the legs. Touching of the hoops is not allowed. Fluid change between the forms. |
| 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 is placed upside-down on a springboard, forming a seesaw. Two bricks on top of each other are taped twice with the plain side up onto the bench at a distance of 1.0 m from the start and the end. | 3 gymnastics mats are placed in a row. On the edge of the first and the second mat a banana box is placed on its long side. | Skipping ropes are laid out on a free spot. A point is marked on a line. | 2 cones (at the bottom) und 2 ground markings (at the top) mark a square $(4.0 \mathrm{~m} \times 4.0 \mathrm{~m})$. The side lines and the diagonal lines are marked with tape. 3 hoops are lying behind each other on each side line between the cone and the ground marking. |
| Materials | - 1 long bench (l: $4.0 \mathrm{~m}, \mathrm{~h}: 38 \mathrm{~cm}$ ) <br> - 1 springboard ( $\mathrm{h}: 20 \mathrm{~cm}$ ) <br> - 4 bricks (l: 17 cm , h: 6 cm ) <br> - Tape | - 3 gymnastic mats <br> (I: 1.6 m , h: 1.1 m ) <br> - 1 banana box <br> (I: 52.5 cm , w: 39 cm , h: 23 cm ) | - Skipping ropes <br> - Stopwatch <br> - Tape | - 2 cones <br> - 6 hoops (Diameter: 80 cm ) <br> - Tape |

