

# PLAY Basic Support Tool

Adapted from Sport for Life PLAY Tools

Student Name/ Number:

Age:

Gender:

Tasks:		Run There and Back	Hop	Overhand Throw	Kick Ball	Balance Walk, Backwards
<b>Descriptors:</b>	<b>Initial</b>	<ul style="list-style-type: none"> <li>Stumbles, slips or trips repeatedly</li> <li>Does not exhibit flow in transitions</li> <li>Movement is disjointed</li> <li>Slow speed</li> </ul>	<ul style="list-style-type: none"> <li>Fails to maintain single leg support and touches down</li> <li>Performs a jumping action</li> <li>Upper body and lower body in asynchrony</li> </ul>	<ul style="list-style-type: none"> <li>Throw fails to produce ball motion in the desired direction</li> <li>Limb motion restricted to a single joint</li> <li>No weight shift</li> <li>Trunk rotation absent</li> </ul>	<ul style="list-style-type: none"> <li>Misses the ball - lacks coordination and timing</li> <li>Support leg and foot are poorly planted</li> <li>Whip-like kicking</li> <li>Kicks with toe</li> </ul>	<ul style="list-style-type: none"> <li>Loses balance repeatedly</li> <li>Doesn't use arms</li> <li>Inconsistent placement of feet</li> </ul>
	<b>Emerging</b>	<ul style="list-style-type: none"> <li>Arm movements and leg movements only synchronized in some phases, not all</li> <li>Sliding stop</li> <li>Rounded turnaround is evident</li> </ul>	<ul style="list-style-type: none"> <li>Inconsistent distances and low amplitude of displacement</li> <li>Balance control problems evident during progression</li> <li>Stopping is sloppy and possibly over-hopping</li> </ul>	<ul style="list-style-type: none"> <li>Ball is sent with poor speed or trajectory</li> <li>Basic sequencing of lower body to trunk is evident</li> <li>Weight transfer limited</li> </ul>	<ul style="list-style-type: none"> <li>Speed of ball is slow</li> <li>Some evidence of directional control is present</li> <li>Foot contact reasonably solid</li> </ul>	<ul style="list-style-type: none"> <li>Tentative stepping action</li> <li>Non-fluid</li> <li>Major balance control problems during stepping</li> </ul>
	<b>Competent</b>	<ul style="list-style-type: none"> <li>Motion is along a straight line</li> <li>Good speed (jog to run)</li> <li>Pivoting turn that is not fluid or quick</li> </ul>	<ul style="list-style-type: none"> <li>Able to hop on one leg from start to end</li> <li>May not employ opposite leg to assist</li> <li>Distance may vary from hop to hop</li> <li>Start and stop control may be limited</li> </ul>	<ul style="list-style-type: none"> <li>Trajectory and speed of ball is adequate</li> <li>Sequencing of lower body, trunk and upper body is present</li> <li>Weight shift and follow-through present but limited</li> </ul>	<ul style="list-style-type: none"> <li>Ball is directed appropriately</li> <li>Speed of ball is good</li> </ul>	<ul style="list-style-type: none"> <li>Balance through all steps</li> <li>Minor balance control through some steps</li> <li>Limb wavering</li> </ul>
	<b>Proficient</b>	<ul style="list-style-type: none"> <li>Sprint speed</li> <li>Accelerates rapidly</li> <li>Decelerates in control to a momentary stop</li> <li>Pivots and changes direction in a continuous manner</li> </ul>	<ul style="list-style-type: none"> <li>Substantial hopping distance</li> <li>Immediate transition to hopping and immediate hop to stationary position</li> <li>Good horizontal and/or vertical speed</li> <li>Uses opposite lower limb and upper body in synchrony</li> </ul>	<ul style="list-style-type: none"> <li>Trajectory of ball is well controlled</li> <li>Upper and lower body sequencing</li> <li>Weight shift is pronounced</li> <li>Follow-through is present and fluid</li> <li>Very evident trunk rotation</li> </ul>	<ul style="list-style-type: none"> <li>Ball is powerfully propelled in a controlled direction</li> <li>Upper body leads lower body</li> <li>Strong follow-through is present</li> </ul>	<ul style="list-style-type: none"> <li>Fluid continuous motion</li> <li>Minor balance adjustments</li> <li>Slight upper limb wavering</li> </ul>