

1st Grade Foot Ball-Handling Skills Assessment

Directions: Demonstrate each type of kick for your teacher or your partner.
 You may have up to three (3) chances to demonstrate your skill level.
 You, your teacher, and/or your partner will mark your level of skill for each type of kick by checking off the appropriate box.
 *You may NOT catch the ball between kicks, but you MAY let the ball bounce once between kicks. (Try no bounces!)

Student #:	Name:
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Grade/Class:	
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Partner:	
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	Mastery (4)	Proficient (3)	Developing (2)	Needs Improvement (1)
1. Instep Kick: (Surface: inside of the foot)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Lateral Kick: (Surface: outside of the foot)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Shoelace Kick: (Surface: top of shoe)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Knee Kick: (Surface: Quadriceps)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Heel Kick: (Surface: back of foot, on heel)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mastery: (4 in a row) Kick ball/footbag using the correct part of the foot, in a controlled, balanced motion. Ball/footbag must come up to waist level.
Proficient: (3 in a row) Kick ball/footbag using the correct part of the foot, in a controlled, balanced motion.
Developing: (2 in a row) Ball/footbag makes contact with foot. No control over where it goes.
Needs Improvement: (1-0 in a row) Ball/footbag cannot make contact with the foot.