

Sample Benchmarks for a Fundamental Motor Skill: Foot Dribble

Sample Set of Benchmarks for Foot Dribble

- **First Grade.** Push a ball back and forth between the feet with good form by making contact with the inside of the foot while in a stationary position.
- **Second Grade.** Demonstrate correct form while dribbling a ball 40 feet at a slow jog, using both feet to tap the ball at least 8 times and not losing control of the ball on two of three trials.
- **Third Grade.** Demonstrate correct form while dribbling a ball 40 feet at a slow jog, using both feet to tap the ball at least 10 times and not losing control of the ball on two of three trials.
- **Fourth Grade.** Demonstrate correct form while dribbling a ball at a moderate speed and incorporating stops and starts and left and right turns on the teacher's signal without losing control of the ball on at least two of four trials.
- **Fifth Grade.** Maintain all of the elements of form to dribble a ball 90 feet through a series of four 90 degree turns (changing feet to negotiate two right and two left turns), while completing the course in no more than 30 seconds, on two of three trials.

Note: These benchmarks were designed to correspond to a sample program objective used earlier in the document.