Sample Program Objective for a Fundamental Motor Skill:
Foot Dribble

Competence Defined:

Demonstrate correct form while dribbling a ball at a moderate speed and incorporating stops and starts and left and right turns in the context of playing in a dribbling game or activity without losing control of the ball on at least two of four trials. Competence must be demonstrated on at least two consecutive observations.

Criteria:

a. Approach the ball at a slow jog, maintaining all elements of good running form.
b. Place the support foot (non-kicking foot) to the side and slightly behind the ball by taking a natural running stride.
c. Rotate the dribbling leg and foot outward as it moves forward to contact the ball.
d. Maintain a slight forward trunk lean, and keep the arms in a natural cycle with the running pattern as the kicking leg moves forward.
e. Contact the ball with the broad region of the inside of the foot and inside of the instep, keeping the ankle fully extended and toes turned outward.
f. Push the ball forward and slightly across the body approximately three feet.
g. Follow through after kicking the ball by rotating the kicking foot and leg back into a natural running stride position and continue running.

Components of a Functional Objective:

Condition:

In the context of playing in a dribbling game or activity with stops, starts and turns

Behavior:

Dribble a ball with the feet

Criteria:

Listed as letters "a" through "g"

Standard of Performance:

Demonstrate correct form without losing control of the ball on at least two of four trials

Stability Ratio:

Two consecutive observations