MOVEMENT TEST

In teams, complete the following tests. Pair 1 completes each test while Pair 2 sketches on the handout. Switch roles, and Pair 2 completes the tests while Pair 1 sketches.

| **TEST** | **SKETCH** |
| --- | --- |
| Dribble the ball in place. |  |
| Dribble the ball while walking. |  |
| Bounce the ball between the pair. |  |
| Bounce the ball down the hallway. |  |