

Receiving an Object: Success Criteria

Description: Receiving force from an object with the hand, the foot or with an implement.

Examples: catching, trapping, collecting.

Movement Skills

Preparation:

- I can create a strong base of support.
- I can provide a target for the sender.
- I can position myself between the object and my defender.
- I can keep my eyes focused on the path of the object.

Execution:

- I can keep my eyes on the object until it reaches my hands, leg or implement.
- I can extend my arms in front of my body ready to receive the object.
- I can adjust my arms/legs to the flight of the object.
- I can absorb the force of the object.

Follow-Through:

- I can re-establish a strong base of support.
- I can put an object in position to perform the next movement (e.g., to send or carry).

Combining Manipulation with Locomotion Skills:

- I can receive an object while moving toward the object, my teammate, the goal or the base.
- I can receive an object to then tag an opponent or while avoiding a defender.
- I can receive an object while moving to defend space.

Applying Movement Concepts:

- I can move my body in a variety of directions and pathways to successfully receive a pass.
- I can use my body to absorb the force of the object.
- I can move to an open space to successfully receive an object.
- I can adjust to environmental conditions while receiving an object.

Applying Movement Principles:

- I can increase my base of support by lowering my centre of gravity to be ready to receive a pass.
- I can control the force of the object when receiving it.

Thinking About Performance (Living Skills):

- I can analyze my receiving skills to make adjustments to successfully receive an object.
- I can refine my receiving skills by using feedback from others.
- I can use verbal and non-verbal skills with my teammates to successfully receive an object.
- I can use my critical thinking skills to decide where to move to successfully receive an object.

Improving Performance:

- What do you need to consider when deciding where to position yourself to increase your chance of success at receiving an object?
- What are the most important factors you need to remember to receive a pass?
- After receiving a pass, what factors do you need to think about to determine your next action?