

# DESTINATION MOVEMENT

## Manipulative Skills Checklist for Elementary School

In elementary school, the goal is to **continue developing the fundamental motor skills** introduced in preschool and kindergarten, progressively refining technique. This means performing throws with greater **precision and force** (at different distances and targets), more **controlled receptions** (with hands, feet, chest), **strikes** (with hand, foot, basic implements), and improved **dribbling and ball handling**. To achieve this, it's recommended that these skills be developed in more dynamic environments and through modified and adapted sports games—for example, with fewer players, adjusted material sizes, and by modifying the size of the field or playing space.

Ideally, students should **demonstrate the skill consistently**, which, in the context of achievement levels, is equivalent to **Level 3: "I Can Consistently Demonstrate the Skill."** This means the student performs the skill reliably, with confidence and autonomy, in various situations.

Skill Observed	Achieved (Yes/No)	Observations
<b>Throwing:</b> Learning to throw objects (balls, toys) with one or both hands, improving accuracy and force.		
<b>Catching:</b> Receiving balls or other objects, initially with two hands and then with one.		
<b>Kicking:</b> Kicking a moving or stationary ball, developing leg control and balance.		
<b>Striking (Batting):</b> Using an implement (e.g., plastic bat or racquet) to hit an object, introduced with large and light objects (4-5 years old).		
<b>Rolling a Ball:</b> Controlling the movement of a ball on the ground toward a target.		

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<b>Bouncing a Ball:</b> Bouncing a ball on the ground with one or both hands.		
<b>Passing Objects from Hand to Hand:</b> Transferring objects between hands, crucial for bilateral dexterity.		
<b>Kicking Objects with Feet:</b> Kicking light objects with the feet while walking or standing still (e.g., balloons).		
<b>Holding and Releasing Objects:</b> Grasping and letting go of objects of various sizes and weights, fundamental for fine motor coordination.		