

Applicative route for motor skills assessment

The start of the route is performed from a standing position facing the gymnastics bench (1 m away), seated longitudinally, with timing from the moment of the candidate's first movement.

1. From the starting line, rapid movement in balance starting with the first step on the near end of the bench, followed by a 360° turn on the bench (by a procedure of your choice); continuing the movement and descending, with the last step on the far end of the bench.
2. Movement over a distance of 1 m and performing a forward roll from squat to squat, on a gymnastics mat.
3. Movement over a distance of 1 m, lifting a basketball from the ground, going around 3 posts starting, mandatory, to the left, stopping in a marked space facing the basketball backboard and shooting at the basket with one hand above.
4. Running 2 m, bypassing a marker with a change in direction of movement 90° to the right.
5. Running 2 m, picking up a handball from the ground, moving to the middle of the semicircle and throwing it at the goal with one hand.
6. Running 2 m to a line marked on the ground and performing two long jumps on the spot (minimum F – 3 m/B – 4 m).
7. Running 1 m and picking up a soccer ball from the ground, placing it in a marked space on the ground and shooting at a small goal.
8. Running 1 m, bypassing a marker with a change in direction of movement 90° to the right.
9. Run 3 m, pick up a volleyball from the ground and perform 5 wall volleyballs with two hands from above.
10. Run 4 m and climb a cross-legged gymnastic box (procedure of your choice).
11. Sprint 10 m to the finish line.

Applicative route penalties

- not touching the ends of the bench - 1 second/each
- not turning on the bench - 5 seconds
- falling off the bench - 1 second
- not rolling forward - 5 seconds
- not moving between the posts – 2 seconds
- missing a shot at the basket – 1 second
- knocking down the bypass post – 1 second
- missing a shot at the goal – 1 second
- touching the line before performing the jumps – 1 second
- long jumps from the spot shorter than the required requirement - 2 seconds
- missing a shot at the goal – 1 second
- knocking down the bypass post – 1 second
- performing fewer volleys than the required requirement - 2 seconds
- not climbing - 5 seconds

GIRLS

26.00	10.00
28.00	9.00
30.00	8.00
33.00	7.00
36.00	6.00
39.00	5.00
44.00	4.00
49.00	3.00
54.00	2.00
60.00	1.00

BOYS

22.00	10.00
24.00	9.00
26.00	8.00
29.00	7.00
32.00	6.00
35.00	5.00
40.00	4.00
45.00	3.00
50.00	2.00
56.00	1.00