



GOLD BOOMERANG - TEST # 8 FITNESS
Pursuits and Interests & Responsibility for Self

OPTIONAL



1	Ball Skills:	
a.1.	Kick a goal with either a place or drop kick	
OR		
a.2.	Shoot a goal with a basketball or netball.	
b.	Throw a ball 20 metres to someone and catch it on return six times over 15 metres.	
2	Athletic Skills. Perform a hop, step and jump as far as possible.	
3	Strength and Stamina. Skip continuously for two minutes.	

EXAMINER:

DATE COMPLETED:

CUBS TESTED			