

V Straddle Sit Challenge

- * Students sit with legs flat on floor in a significant 'V-spread' position. (Students should dress appropriately for this test).
- * Ball is thrown down with both hands, on the outside of a leg, and caught with both hands right after the bounce.
- * Repeat quickly on the outside of the opposite leg.
- * Illegal 'Toss/Catch' : Ball is pinned to the floor and no obvious bounce, ball is dropped during the catch, ball is tossed/caught between the legs, ball is swooped to opposite side with one hand only, and legs significantly change their spread V-position.



40 Toss/Catches is a Bronze Level!

50 Toss/Catches is a Silver Level!

70 Toss/Catches is a Gold Level!

*Students who earn any of these levels will get their name on a certificate to be placed on the wall.