# Sample Administration TGMD-3

Dr. Dale Ulrich: Okay. We're going to have fun today. We're going to do 13 different activities. Before I have you do them, I'm going to show you how I do them. Okay? The first one is running. Watch me run. I'm going to stand down here at this cone. I'm going to run all the way up to the other cone. Ready, get set, go.

Dr. Dale Ulrich: Okay. The second one is galloping. Do you like horses? I do. Okay. Let's gallop like a horse. Watch me. This is how I gallop. In the next one, we're going to hop on one foot. I don't care what foot you use, but you have to use one foot. Watch me hop. Okay. The next one is skipping. We're going to skip from one cone to the next cone. Watch how I skip.

Dr. Dale Ulrich: Okay. The next one, we're going to take a big jump. One big jump. Watch how I jump. Okay. The last one for locomotor skills, we're going to slide. Okay? We're going to step and slide. Watch how I do it. Okay. The next one is two hands striking or batting. Watch how I bat the ball. I'm going to bat it straight ahead. Watch me. Hit the ball straight ahead.

Dr. Dale Ulrich: Okay. The next one is one hand striking, okay? Watch how I do it. I hold the ball up high, drop, and hit. Okay. The next skill is dribbling. Watch how I dribble the ball four times, and then catch it. Watch me. Okay. The next one is kicking. I want to see you run up and kick the ball straight ahead. Watch me. Okay. The next one is catching with two hands. Watch how I catch.

Speaker 2: Ready?

Dr. Dale Ulrich: Okay. The next one is overhand throwing. I want to see you throw the ball hard straight ahead. Watch me. Okay. The next one is the underhand throw. I want to see you throw the ball and hit the wall. Watch me.