

Gymnastics Skills Recording Chart

<p>Performs rolls and balances in sequence Handstand to forward roll</p> <ul style="list-style-type: none"> <input type="checkbox"/> step forward with one foot <input type="checkbox"/> bend forward at the waist and reach ahead with arms and hands <input type="checkbox"/> place palms on floor, shoulder width apart <input type="checkbox"/> keep arms straight <input type="checkbox"/> kick straight back leg upward so that it is above hips and shoulders <input type="checkbox"/> kick straight front leg up beside back leg <input type="checkbox"/> point toes <input type="checkbox"/> head is in line with legs, hips and shoulders. Eyes are focused straight ahead <input type="checkbox"/> bend arms <input type="checkbox"/> tuck chin to chest <input type="checkbox"/> land on mat with shoulders <input type="checkbox"/> bring chest close to knees <input type="checkbox"/> roll onto back and hips <input type="checkbox"/> push upward off mat with hands. 				<p>Performs aerial rotations in a specific space Cartwheel on a floor line</p> <ul style="list-style-type: none"> <input type="checkbox"/> step forward on a floor line with lead foot, in direction of cartwheel <input type="checkbox"/> lead arm on same side as lead foot, reaches to the floor line <input type="checkbox"/> kick up with trailing leg <input type="checkbox"/> place trailing hand on the floor line <input type="checkbox"/> keep arms straight <input type="checkbox"/> head is between arms <input type="checkbox"/> kick up with lead leg <input type="checkbox"/> legs are held apart and toes are pointed <input type="checkbox"/> hips are over shoulders <input type="checkbox"/> keep back straight <input type="checkbox"/> push off floor with lead hand <input type="checkbox"/> trailing leg swings down to the floor first, with the foot pointing in the direction of the start position and on the floor line <input type="checkbox"/> push off floor with trailing hand <input type="checkbox"/> lead leg returns to floor line with foot pointing in the direction of the start position <input type="checkbox"/> lands with legs bent, one foot in front of the other on the floor line 			
<p>Level 1 Rarely performs the skill as described.</p>		<p>Level 2 Performs the skill as described some of the time.</p>		<p>Level 3 Performs the skill as described most of the time.</p>		<p>Level 4 Performs the skill as described all or almost all of the time.</p>	
Names		Headstand/Forward Roll		Cartwheel		Highest Most Consistent Level	
Mary Jane		P3	T2		P2	T2	2
Abdul		P1	T2		P2	T2	2

As well as the peer assessor station and the stations that address essential movement skill expectations, include a few stations that are fun, challenging and that enhance physical fitness. This adds enjoyment to an end-of-unit assessment day. In the sample skills circuit on the following page, “Knee Tag” and “Scarf Juggling” are two fun, challenging, stations that enhance aerobic fitness and hand-eye coordination. An activity that addresses an additional movement skill expectation can also be included at a circuit station. Student performance at this station and at the fun and fitness stations is not assessed.