

3-5th Grade Assessment

Name: _____

Date: _____

Assessment	Score	Comments
Throw an 8" ball at 3' hoop from 20' away (3 trials)	1= Ball went through hoop 2= Ball hit side of hoop 3= Ball missed hoop	
Full jumping jacks for 1'	1= Able to perform full JJ for 1' 2= Able to perform full JJ for >50% of the time 3= Able to perform full JJ for < 50% of the time	# JJ _____
Squat fingertips to floor for 30"	1= Able perform full squats for 30" 2= Able to perform full squats for >50% of the time 3= Able to perform full squats for <50% of the time	# Squats _____
Single leg balance	1= Able to stand on one leg for full minute 2= Able to stand on one leg for >50% of the time 3= Able to stand on one leg for <50% of the time	R leg duration: _____ L leg duration: _____