

Name: _____

Date: _____

Grades 3-5

Instructor Directions: Please accurately demonstrate each activity to your students before assessments. Additionally, perform each assessment in the order that it appears. Prioritize assessing the bolded comments, and if time allows, then fill out the additional information. Good luck!

Assessment	Score	Comments
<p>Throw an 8” ball with one arm overhand at 3’ hoop from 15’ away for 3 trials</p>	<p>1 = Ball went through hoop</p> <p>2 = Ball hit side of hoop</p> <p>3 = Ball missed hoop</p>	<p><u>Trial 1:</u></p> <p><u>Trial 2:</u></p> <p><u>Trial 3:</u></p>
<p>Full jumping jacks for 1’</p> <p><i>Arms should come up to a “V”, and back down to sides, with elbows extended. Legs should jump apart, and then fully back together.</i></p>	<p>1 = Able to perform full JJ for 1’</p> <p>2 = Able to perform full JJ for 30” – 1’</p> <p>3 = Able to perform full JJ for < 30”</p>	<p><u>Grade:</u></p> <p># JJ:</p> <p>Time:</p>
<p>Full squats for 30”</p> <p><i>Squat fingertips to floor, fully flexing knees, and back into full standing for 30”.</i></p>	<p>1 = Able perform full squats for 30”</p> <p>2 = Able to perform full squats for 15” – 30”</p> <p>3 = Able to perform full squats for < 30”</p>	<p><u>Grade:</u></p> <p># Squats:</p> <p>Time:</p>
<p>Single leg balance</p> <p><i>Attempt to stand on one foot as long as possible. Time stops when the participant attempts to jump around, their other foot touches the ground or touches their standing limb.</i></p>	<p>1 = Able to stand on one leg for full minute</p> <p>2 = Able to stand on one leg for 30” – 1 min</p> <p>3 = Able to stand on one leg for < 30”</p>	<p><u>R leg Grade:</u></p> <p>R leg duration:</p> <p><u>L leg Grade:</u></p> <p>L leg duration:</p>