

Name: _____

Date: _____

Instructor Directions: Please accurately demonstrate each activity to your students prior to 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>Full jumping jacks for 1' (if unable to perform 6 m walk test)</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>Grade:</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 < 15"</p>	<p>Grade:</p> <p># Squats:</p> <p>Time:</p>
<p>Wall ball test for coordination</p> <p><i>Start 3 feet from the wall with a tennis ball in your right hand. Toss the ball at the wall and catch with the left hand. Repeat, alternating hands for a total of 30"</i></p>	<p>1 = Over 30 catches</p> <p>2 = 15-30 catches</p> <p>3 = 0-15 catches</p>	<p>Grade:</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'</p> <p>3 = Able to stand on one leg for < 30"</p>	<p>R leg Grade:</p> <p>R leg duration:</p> <p>L leg Grade:</p> <p>L leg duration:</p>
<p>Broad jump (3 trials)</p> <p><i>Start with feet shoulder width apart, toes lined up behind the line Jump as far forward as you can without falling.</i></p>	<p>Record the distance from the back of the heel to the starting line. If they fall or place a hand back, have them repeat the jump.</p>	<p>Trial 1:</p> <p>Trial 2:</p> <p>Trial 3:</p>
<p>6-minute walk test (if time allows)</p> <p>**Move to end</p>	<p>Walk for 6 minutes back and forth as fast as possible between 2 cones 20 meters apart</p>	<p># Laps:</p> <p>X 20 meters=_____m</p>