



ASSESSMENT OF PROPER FORM

PUSH-UPS

Starting Position - Thumbs width distance from shoulders and back and hips are in alignment.

Lowering position - Chest comes down between your hands and body stays aligned.

End Position - Come up without locking your arms keeping body aligned.

PROFICIENT	Students can perform Push-up correctly with no errors
DEVELOPING	Students can perform the Push-up with some errors
NEEDS IMPROVEMENT	Students cannot perform the Push-up

CRUNCHES

Starting Position - Lay down, bend knees, bow legs, small of back is flat on the ground with shoulders not touching the ground, arms across the shoulders and inhale.

Crunch Position - Move upper body forward as far as you can without having the small of your back coming off the ground by tightening the stomach muscles (crunching) and exhale.

PROFICIENT	Students can perform the Crunch correctly with no errors
DEVELOPING	Students can perform the Crunch with some errors
NEEDS IMPROVEMENT	Students cannot perform the Crunch

JUMPING JACKS

Starting Position - Stand up with your knees slightly bent and raise your arms to shoulder height.

Jumping Outward Position - Push off front of feet, and at the same time raise and touch your hands over your head.

PROFICIENT	Students can perform the Jumping Jacks correctly with no errors
DEVELOPING	Students can perform the Jumping Jacks with some errors
NEEDS IMPROVEMENT	Students cannot perform the Jumping Jacks

UP-RIGHTS

The Movement - Jog in place and at the same time as you are jogging move your arms up and down over your head. Note: Make sure the arms go straight over the head and straight down and do not allow your hands to come down lower than the chin.

PROFICIENT	Students can perform the Up-Rights correctly with no errors
DEVELOPING	Students can perform the Up-Rights with some errors
NEEDS IMPROVEMENT	Students cannot perform the Up-Rights

CHICKEN SQUATS

Starting Position - Stand with legs shoulder width apart, knees slightly bent and have arms at the sides of waist.

Lowering Position - Squat down and at the same time as you squat down extend your arms out in front of you to "shoulder height".

End Position - Stand up and at the same time bring your arms back to the sides of your waist.

PROFICIENT	Students can perform the Chicken Squats correctly with no errors
DEVELOPING	Students can perform the Chicken Squats with some errors
NEEDS IMPROVEMENT	Students cannot perform the Chicken Squats