

STUDENT _____

CLASS _____

GYMNASTICS ASSESSMENT CHECKLIST

PHYSICAL

- _____ Able to travel on low gymnastics equipment (balance beam)
- _____ Able to perform stationary balances on equipment
- _____ Able to jump over low obstacles: hoops/ hurdles
- _____ Able to jump to form a body shape during flight
- _____ Able to perform jumping sequences
- _____ Able to transfer onto and off equipment with weight on the hands
- _____ Able to perform sequences combining stationary and traveling movement
- _____ Able to jump with a springboard
- _____ Able to vault jumps over a small vaulting box
- _____ Able to transfer weight onto large apparatus
- _____ Able to transfer weight onto bars
- _____ Able to transfer on and off equipment with weight on hands
- _____ Able to jump over low obstacles: hoops/hurdles
- _____ Able to jump to form a body shape during flight
- _____ Able to perform jumping sequences

MENTAL

- _____ Understands definition of terms
- _____ Able to recall facts and/or history of sport

COOPERATIVE

With Peers:

- _____ Provides creative input toward strategies
- _____ Shows respect
- _____ Treated with respect

With Teacher:

- _____ Arrives to class prepared in a timely manner
- _____ Uses feedback in a positive manner
- _____ Questions and seeks answers from multiple sources