

Student Name:

Grade:

My Fifth Grade Movement Routine

Directions: Please list the skills you are going to use in your final movement sequence. Must go in the order listed.

1. Beginning Balance (hold for at least 5 seconds)
2. Roll #1 (examples: forward or backward)
3. Roll #2 (examples: forward, backward, log, pencil, egg, shoulder, etc.)
4. Weight transfer (examples: mule kick, handstand, cartwheel, etc.)
5. Traveling sequence (examples: skip, walk, leap, slide, etc.)
6. Ending Balance (hold for at least 5 sec)
7. I feel _____ (circle the answer from list below) about my performance today.
 - So-So
 - Good

- Great
- Badly

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