|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Class:**  **Assessment date:** | **OVERALL CHECK: Does it look right?** | **1. Eyes focused forward or upward throughout the jump** | **2. Crouches with knees bent and arms  behind the body** | **3. Forceful forward and upward swing of the arms** | **4. Legs straighten in the air** | **5. Lands on balls of the feet and bends the knees to absorb landing** | **6. Controlled landing with no more than one step in any direction** |
| **Assessment key:**  ✓ Achieved  ND Not demonstrating |
| **Student name** |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

[Get Skilled: Get Active](https://schoolsequella.det.nsw.edu.au/items/3847e308-dbe1-4ece-b751-d042287293e6/1/) K-6 resource to support the teaching of fundamental movement skills, [PDHPE Curriculum Resources](https://education.nsw.gov.au/teaching-and-learning/curriculum/pdhpe/physical-literacy/resources) (© State of New South Wales, Department of Education, 2016); [CC-BY 4.0](http://creativecommons.org/licenses/by/4.0/)