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| **Class:**  **Assessment date:** | **OVERALL CHECK: Does it look right?** | **1. Eyes focused forward throughout  the run** | **2. Knees bend at right angles during  the recovery phase** | **3. Arms bend at elbows and move in opposition to legs** | **4. Contact ground with front part of  foot** | **5. Body leans slightly forward** |
| **Assessment key:**  ✓ Achieved  ND Not demonstrating |
| **Student name** |
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[Fundamental Motor Skills A manual for classroom teachers](https://fuse.education.vic.gov.au/Resource/LandingPage?ObjectId=6f9265d9-afef-4a9a-9228-05a039225985&SearchScope=Primary) State of Victoria (Department of Education and Training [CC BY 4.0](https://www2.education.vic.gov.au/pal/intellectual-property-and-copyright/policy)