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| **Class:**  **Assessment date:** | **OVERALL CHECK: Does it look right?** | **1. Eyes focused forwards or upwards throughout the jump** | **2. Crouch with knees bent and arms behind body** | **3. Forceful upward thrust of arms as legs straighten to take off** | **4. Contact ground with front part of feet and bend knees to absorb force of landing** | **5. Balanced landing with no more than one step in any direction** |
| **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)