

Skipping Assessment

Student name: _____

Trunk	Upright and steady								
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Legs	Step forward and hop on the same foot with a high knee drive								
	Support leg bends in preparation for the hop								
	Lands on the ball of the foot								

Arms	Arms bent and swinging in opposite directions								
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Scoring	1-2 points = Beginning stage 3-4 points = Developing stage 5 points = Mastering Stage								
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