Forward Roll

Watch the following student while they are in class...

Using this skill...

1. Chin down, back is round
2. Tuck your knees, push up please
3. Make a ball, then stand up tall

How did they do? (✔)

- M = All the time, every time
- D = Most of the time, but not every time
- B = Some of the time, or not at all

If they scored a "D" or "B", tell them why...

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