

**Physical Education Assessment - Balance Skills**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Directions: Draw a smiley face in front of the things that help you balance.

..... Have tight muscles.

..... Look at something that is still.

..... Flap your arms.

..... Concentrate on being still.

\*\*\*\*\*

Concept quiz:

Motor skill:

Developed by W. Wilson '00

**Axis of Rotation Quiz**

Name \_\_\_\_\_

Classroom Teacher \_\_\_\_\_

Date \_\_\_\_\_

Next to the moves used in gymnastics, place the letter which describes which axis of rotation it uses when performed. If the move does not rotate, then write the letter "D" next to it for "Does Not Apply."

- |                           |                              |
|---------------------------|------------------------------|
| <b>A.</b> Horizontal Axis | _____ Log or Pencil Roll     |
|                           | _____ Cartwheel              |
|                           | _____ 360° Turn              |
| <b>B.</b> Vertical Axis   | _____ Head Stand             |
|                           | _____ Forward Roll           |
| <b>C.</b> Transverse Axis | _____ Egg Roll               |
|                           | _____ Round off              |
| <b>D.</b> Does Not Apply  | _____ Frog Stand             |
|                           | _____ Backward Straddle Roll |