Name:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Handstand skill cues | Yes | Needs work. | Spotting cues | Yes | Needs work. |
| Puts palms on mat, spreads fingers, and focuses eyes on fingertips. |  |  | Stands to side. |  |  |
| Kicks legs above head one after the other. |  |  | Grabs calf just below knee on way up. |  |  |
| Keeps trunk tight. |  |  | Uses spotting actions to aid (stabilize) performer. |  |  |
| Aligns shoulders over hands, hips over shoulders, heels over head, and head in line with shoulders. |  |  | Encourages performer. |  |  |

## Figure 21.11 Peer assessment for handstand skill and spotting.