Name

Make a check mark to indicate your strength. Keep track of changes each time we work at the animal walk stations.

|  |  |
| --- | --- |
| I can perform the 3-legged dog walk without stopping all around the pathway… | \_\_\_\_\_ 1 time  \_\_\_\_\_ 2 times  \_\_\_\_\_ 3 times |
| I can perform the bunny jump without stopping to the… | \_\_\_\_\_ 1st cone  \_\_\_\_\_ 2nd cone  \_\_\_\_\_ 3rd cone |
| I can perform the mule kick… | \_\_\_\_\_ 3 times  \_\_\_\_\_ 7 times  \_\_\_\_\_ 10 times |

## Figure 16.13 Strength improvement self-assessment.