|  |  |  |
| --- | --- | --- |
| I can balance on different bases of support!  Name: | | |
| Student check | Balance | Teacher check |
|  | 2 hands and 2 feet |  |
|  | 1 foot |  |
|  | 2 feet and 1 hand |  |
|  | Bottom |  |
|  | 1 hand and 1 knee |  |
|  | Bottom and 1 hand |  |

## Figure 16.4 Standard 1: self-assessment balance card.