Place a check mark or date in a box to indicate progress.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Over boxes | | | | Onto and off of boxes | | | |
| Name | Side squat | | Pike front | | Squat | | Straddle | |
|  | Arms straight | Tuck over box | Arms straight | Pike over box | Arms straight | Tuck onto box | Arms straight | Straddle onto box |
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## Figure 16.15 Assessment checklist for vaulting.