Name:

Directions:

* Put a check mark by the level that you think you can perform with practice.
* Try it!
* If too easy or too hard, put an X by your new choice.
* Practice three times, then self-assess with critical elements.
* Repeat as often as necessary to reach goal.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Level | Self-assessment | Set 1 | Set 2 | Set 3 | Set 4 |
| 1. Jump with half turn to roll | Half turn |  |  |  |  |
| 1. Roll to jump with half turn | End of jump as start of roll |  |  |  |  |
| 1. Roll, jump with half turn, roll | End of roll as start of jump |  |  |  |  |

## Figure 21.8 Inclusion-style criteria sheet.