

Forward Rolling Skills Checklist

Performer _____ Class _____ Date _____

Forward Rolling Skills

- _____ Rocker
- _____ Tip-up
- _____ Look-back
- _____ Tip-over
- _____ Rock-up to feet
- _____ Squat forward roll

Perform at Least Six of the Following Skills

- _____ Forward roll to a knee scale
- _____ Forward roll to a V-seat
- _____ Forward roll walkout
- _____ Forward roll to a lunge
- _____ Forward straddle roll
- _____ Forward pike roll
- _____ Forward roll to a scale
- _____ Forward roll from a scale
- _____ Forward roll jump
- _____ Jump, then forward roll
- _____ Two continuous forward rolls

From J.L. Lund and M.F. Kirk, *Performance-Based Assessment for Middle and High School Physical Education*, 3rd ed. (Champaign, IL: Human Kinetics, 2020).