

Handstand Forward Roll Observation Checklist

Performer _____ Evaluator _____ Date _____

Instructions

1. Stand to the side of your partner as he or she performs the handstand forward roll.
2. Observe as your partner performs the skill five times.
3. After each observation, check each of the performance cues that you observed.
4. Focus on only one part of the skill during each observation.

Preparation

- _____ Stretch arms/shoulders overhead.
- _____ Step into a lunge position.
- _____ Stretch the body.

Handstand Execution

- _____ Use teeter-totter action (as hands go down, back leg goes up).
- _____ Place hands on floor shoulder-width apart.
- _____ Keep shoulder angle extended.
- _____ Push off strongly and lift with support foot.
- _____ Bring legs together.
- _____ Position head between arms.
- _____ Keep body tight and aligned over hands.
- _____ Maintain balance for two counts.

Forward Roll Execution

- _____ Shift hips and legs forward beyond the hands to initiate an off-balance position.
- _____ Tuck head.
- _____ Bend arms for soft landing.
- _____ Round the shoulders and back.
- _____ Tuck hips and knees.
- _____ Execute a smooth roll-out to feet.
- _____ Stretch body with arms extended overhead.

Write feedback statements to help your partner improve his or her performance.
