

MOTOR SKILLS TESTS EXPLANATION - 4th GRADE

SKILL	TEST	RESULT		
		Very good	Normal	It could be better
BALANCE	<p>Static balance: keep the balance on one foot on a plastic brick, at the same time you try to keep the "T" position with your body. ⇒ You have to last at least 15 seconds to pass this test.</p>	+ than 20 seconds	Between 15 and 20 seconds	- than 15 seconds
	<p>Dynamic balance: put 2 benches in line in upside-down position. Now, you have to walk forward over the 2 benches minding the gap, and walk backwards over the second bench after reaching the end, and without losing the balance.</p>	Be able to walk forward and backwards without losing the balance at all.	Be able to walk forward and backwards losing the balance just once.	Not to be able to walk forward or backwards.