

MOTOR SKILLS TESTS EXPLANATION - 4th GRADE

SKILL	TEST	RESULT		
		Very good	Normal	It could be better
Horizontal axis spin	Forward somersault: front roll, standing after the roll, with control, agility and without losing balance, and without letting the head touch the floor (mat).	Good control, agility, balance, and standing up at the end of the movement.	Good control but some mistakes	Not able to execute the spin (nor even with 1 assistant)
	Backwards somersault: back roll over one shoulder, standing after the roll, with control, agility and without losing balance (mat).	Good control, agility, balance, and standing up at the end of the movement.	Good control but some mistakes	Not able to execute the spin (nor even with 1 assistant)