

Forward 2 foot landing (knee height)

Mastered	Learning	Attempted
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Backward 2 foot landing (feet height)

Mastered	Learning	Attempted
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Prone fall up an incline

Mastered	Learning	Attempted
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Backward straight body fall to 8" safety mat

Mastered	Learning	Attempted
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Walks

Mastered	Learning	Attempted
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Runs

Mastered	Learning	Attempted
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Animal walks

Mastered	Learning	Attempted
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Forward roll down an incline

Mastered	Learning	Attempted
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Log roll

Mastered	Learning	Attempted
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Hands on bench or box, Cartwheel over

Mastered	Learning	Attempted
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5 consecutive springs

Mastered	Learning	Attempted
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Assemblé

Mastered	Learning	Attempted
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Shaped jumps

Mastered	Learning	Attempted
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Balances on 1 foot

Mastered	Learning	Attempted
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Prone/Supine lie

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Front supports

Mastered	Learning	Attempted
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Stride support

Mastered	Learning	Attempted
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Back supports

Mastered	Learning	Attempted
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Long hang

Mastered	Learning	Attempted
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Sole hangs

Mastered	Learning	Attempted
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