



personal achievement chart

Name.....

Action	Date	Signature
Running on the spot		
Hopping		
Jump up high		
Jump a distance		
Leap or jump over an obstacle		
Skipping		
Roll down an incline		
Start and stop running on command		
Travel in different shapes and directions		
Run with changes in direction		
Roll in different directions with or without apparatus		
Fast running		



Balance	Date	Signature
Land onto a higher surface		
Safe landing		
Static balances on one leg		
Supporting the body on any apparatus		
Land safely from height		
Land safely after leaping or jumping over an obstacle		
Upside down shapes		
Travel in support on any apparatus		
Upside down in handstand variations		
Static balances on different body parts		
Small swings in support on any apparatus		
Hang upside down from a bar supported by an adult		



Coordination	Date	Signature
Using pulling strength of the upper body		
Climb and hang from the hands then swing		
Upside down, sideways		
Using hand apparatus		
Swing in hang with a tucked body or bent legs		
Throw hand apparatus to a target and collect it		
Swing in hang with a stretched body shape		
Collect hand apparatus and drop into a target		
Core strength		
Throw a ball up, let it bounce and catch it		
Dynamic balance, keeping control during movement		
Roll/slide hand apparatus to a target and collect it		
Balance circuit		
Swing on a rope		
Using pushing strength of the upper body		
Partner and team games		

