Unit: Jumping Grade: 7th Level: 30- Hurdle

S2.M13.7- Analyzes the situation and makes adjustments to ensure the safety of self and others

	Ι				<u> </u>		
Student Name	Begins with a running start.	Straightens body up while running.	Clears lead leg by bringing up knee first and straightening leg over the hurdle.	Clears trail leg by coming over the side of the hurdle while keeping knee bent and toes flexed.	Lands feet on the ground with arms tight by side, ready to keep running.	S4.M7.7 Independently uses physical activity and exercise equipment appropriately and safety. CASEL Self-Management- Goal Setting	Notes/Observations/ Next Steps