



Record your score worksheet

Use this worksheet to keep track of your scores and measurements for different fundamental movement skills

Record the amount of time you can balance on one leg:

Using a tennis ball and a wall, how many times can you throw the ball against the wall & catch it without dropping it?

Using a tape measure, record how far you can perform a standing long jump:

Using a soccer ball/round ball and 2 household items that can be used to create a goal, record the amount of times you can kick/pass the ball through the goal without missing:

Using a tennis racket and a tennis ball, record the amount of times you can hit the ball up into the air without it hitting the ground:
