

Acton-Boxborough Physical Education Dept.

Name: _____

Class: _____

Listed down below are the results of your child's individual scores. The District's determined measure scores are standard pre- and post- instructional assessment requirements that are reported to the school district with confidentiality to show data progression within the physical education program. Skills for jump rope are used is to measure cardiovascular endurance with manipulative skills. Students are given three attempts to jump rope consecutively without stopping. The highest score is recorded. Instructor suggestions are circled below.

Please contact your child's physical education teacher if you have any questions.

Pre-Score: _____	Post-Score: _____
-Upright Posture/ Steady Head	-Upright Posture/ Steady Head
-Slow Down	-Slow Down
-Count in your mind (Mental)	-Count in your mind (Mental)
-Jump with two feet	-Jump with two feet
-Rope moves continuously	-Rope moves continuously
-Uneven Hand Use/Steady Height Hands	-Uneven Hand Use/Steady Height Hands
-Bent Arms	-Bent Arms
-Jump 8 inches or less	-Jump 8 inches or less
-Feet are kept in place	-Feet are kept in place
-Hair and Clothing are out of the way	-Hair and Clothing are out of the way

Comments: