

HOW STRONG ARE YOUR CORE MUSCLES?

★ Need to improve ★★ Almost there ★★★ Good strenght ★★★★ Excellent strenght



PEER ASSESSMENT



A STUDENT GETS A STOPWATCH AND COUNT SECONDS OR REPS



FRONT PLANK

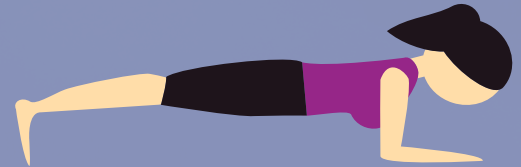


Between
10 and 20"

Between
21 and 30"

Between
31 and 45"

Between 45"
and 1'



SIDE PLANK (RIGHT)

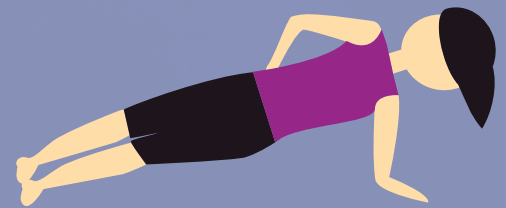


Between
5 and 10"

Between
11 and 15"

Between
16 and 30"

Between
31" and 1'



SIDE PLANK (LEFT)



Between
5 and 10"

Between
11 and 15"

Between
16 and 30"

Between
31" and 1'



PELVIC LIFT

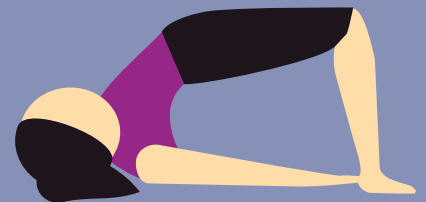


Between
20 and 30"

Between
31 and 45"

Between
46" and 1'

Between
1' and 1'20"



BIRD - DOG



Between
5 to 10
reps

Between
11 to 15
reps

Between
16 to 25
reps

Between
26 to 40
reps



DID THE STUDENT PERFORM THE EXERCISES WITH THE CORRECT POSTURE?

ALWAYS (+5)

☐

SOMETIMES (+3)

☐

A FEW TIMES

☐

TOTAL SCORE

/25