Balance Scoring Sheet

*Reference Critical Elements from Rubric

1	2	3	4	5	6	7
The student is	The student is	The student is	The student is	The student is	The student is	The student is
not able to	able to balance	able to balance	able to balance	able to balance	able to perform a	able to perform a
perform any of	on all four bases	four-balance	four-balance			
the four different	of support at the	of support with	of support with	of support with	sequence	sequence with a
balances on four	same level	at least one	at least one	at least one	demonstrating	partner
different bases	(either medium	change of level	change of level	change of level	muscular tension	demonstrating
of support.	or low) OR the	(medium and	(medium and	(medium and	and extensions	counterbalance,
	student is able to	low) AND the	low) AND the	low) AND the	of free body	muscular
	hold the balance	student is able to	student is able to	student is able to	parts.	tension, and
	completely still	hold the balance	hold the balance	hold the balance		extension of free
	for at least	completely still	completely still	completely still		body parts.
	three	for at least	for at least	for at least		
	consecutive	three	three	three		
	seconds for only	consecutive	consecutive	consecutive		
	one of the bases	seconds for two	seconds for	seconds for all		
	of support.	of the bases of	three of the	four of the bases		
		support.	bases	of support.		