Self Critique Push Up Form

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Getting there | Got it | Wow |
| Start in a prone position with hands under shoulders.   |  | | --- | |  | | Start in a prone position with hands under shoulders or slightly wider.   |  | | --- | |  | | Start in a prone position with hands under shoulders or slightly wider.   |  | | --- | |  | |
| Legs slightly farther apart with toes tucked under.   |  | | --- | |  | | Legs slightly apart with toes tucked under.   |  | | --- | |  | | Legs slightly apart with toes tucked under.   |  | | --- | |  | |
| Arms have slight bend when a student pushes up.   |  | | --- | |  | | Arms completely straight when a student pushes up.   |  | | --- | |  | | Arms completely straight when a student pushes up.   |  | | --- | |  | |
| Elbow angle is more than a 90 degree angle when lowered.   |  | | --- | |  | | Elbows form slightly greater than 90 degree angle when lowered.   |  | | --- | |  | | Elbows form a 90 degree angle with upper arms parallel to the floor when lowered.   |  | | --- | |  | |
| Hips are high or low leaving a straight back alignment. Knees or stomach touches the floor.   |  | | --- | |  | | Hips are slightly high or low, but there is a straight back alignment. Knees or stomachs do not touch the floor.   |  | | --- | |  | | Legs, hips, and back are straight and aligned through the entire push up.   |  | | --- | |  | |