Self Critique Push Up Form

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

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| Getting there | Got it | Wow |
| Start in a prone position with hands under shoulders.

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 | Start in a prone position with hands under shoulders or slightly wider.

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 | Start in a prone position with hands under shoulders or slightly wider.

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| Legs slightly farther apart with toes tucked under.

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 | Legs slightly apart with toes tucked under.

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 | Legs slightly apart with toes tucked under.

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| Arms have slight bend when a student pushes up.

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 | Arms completely straight when a student pushes up.

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 | Arms completely straight when a student pushes up.

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| Elbow angle is more than a 90 degree angle when lowered.

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 | Elbows form slightly greater than 90 degree angle when lowered.

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 | Elbows form a 90 degree angle with upper arms parallel to the floor when lowered.

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| Hips are high or low leaving a straight back alignment. Knees or stomach touches the floor.

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 | Hips are slightly high or low, but there is a straight back alignment. Knees or stomachs do not touch the floor.

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 | Legs, hips, and back are straight and aligned through the entire push up.

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