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| --- | --- | --- | --- | --- | --- | --- |
| Mature Critical Elements | There are at least two changes of level (medium and low) | Student demonstrates stillness for balance | Student held balance for at least 3 consecutive seconds | Critical Elements were present in all four balances | Overall Score | Overall Growth |
| Student | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Growth |
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**Student Growth Recording Sheet**

**Balance Skills**

0-Critical Element Not Met 1-Critical Element Met