` ANNEX 3

**Sample Evaluation Grid for Movement (Parkour)**

**\_\_\_year Group \_\_\_**

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| **Evaluation Criteria** | **Mastery of the Learning Elements (From the Progression of Learning)**   |  |  |  | | --- | --- | --- | | Skills | Principles of balance | a | |  | Principles of coordination | b | |  | Principles of locomotion | c | | Safety | Performs exercises in a safe manner |  | | Life Skills | Respects the equipment | d | |  | Perseveres in the activity | e | | | | | | | |
|  | | **Coherence of the planning** | **Effectiveness of the execution** | | | **Self-evaluation** |
| To perform movement skills in different physical activity settings  Names | Respects the safety rules | Demonstrates behaviour consistent with ethical rules (d,e) | Plans according to the situation and his/her abilities | Difficulty level | Executes the planned sequence | Executes moves smoothly and continuously (a,b,c)\_ | Evaluates his/her process and results |
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