

Student Name:

### Kicking Activity Log

For this activity, you're going to practice some kicking skills—first using the exercise shown in this lesson's video and then using 3 additional activities that you choose. Write the activities you choose in the first column of the table below, beneath the activity selected for you (Reverse Crunch with Ceiling Kick).

Activity	Excellent	Good	Acceptable	Needs improvement
Reverse Crunch with Ceiling Kick				

Practice each type of kick for a minimum of 5 minutes. Do the best you can, as you are not being graded on your ability but rather just putting forth your best effort. After you're done practicing each skill, put an "X" in the box that best represents how well you think you're able to perform the skill. When you have completed this chart, please answer the questions below. Remember to be as detailed and specific as you can, and write all answers using complete sentences.

#### Activity Questions

1. What did you enjoy most about these activities?
  2. What did you enjoy the least?
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