

Self-Assessment criteria

Below are 5 exercises that you can assess yourself on to see which areas you need to improve on.

All of the exercises will be testing the mobility and stability of your joints, and in some, the strength and control of your own body weight.

Overhead squat	Single leg squat
<p>How to perform –</p> <ul style="list-style-type: none"> • Stand feet hip width apart and arms upwards holding a stick/rope or band. • Slowly lower yourself to the ground bending at the knees, keeping the heels down and the arms above your head. • Pause at the bottom and then rise slowly. 	<p>How to perform –</p> <ul style="list-style-type: none"> • Similar to the overhead squat but performed on one leg at a time. • Aim is to get the knee at a 90 degree bend. • Make sure the knee stays in the same direction as the toes during the lowering and lifting phases.
Wall angels	Press ups
<p>How to perform –</p> <ul style="list-style-type: none"> • Stand one foot length away from a wall. • Bend the knees slightly and lean against the wall so that the lower and upper back is touching the wall. • Raise the arms so that the elbows are level with the shoulders and the wrists are touching the wall. • If you can do this, slowly rise the hands up over the head to join above the head, keeping the elbows, wrists and lower back on the wall 	<p>How to perform –</p> <ul style="list-style-type: none"> • Start by lying on your stomach on the floor, hands next to your shoulders. • Slowly raise your body off the floor in a straight line by extending the arms. • Your body should rise in a straight line with no sagging of the back or hips
Single leg balance and reach	
<p>How to perform –</p> <ul style="list-style-type: none"> • Stand on one foot and balance. If easy, try closing the eyes or adding in a movement e.g. spell your name with your free foot or reach to the floor with your hand in front and to the sides. 	

Do each exercise five times and give yourself a mark out of 5 according to each bullet point given.

Overhead squat	Single leg squat
<p>Points -</p> <ul style="list-style-type: none"> - Back is straight - Hips are below knees - Arms stay above head - Knees are stable on the way down and up and stay in line with the toes - Heels are on the floor 	<p>Points -</p> <ul style="list-style-type: none"> - Keep torso upright, ears in line with ankle bones - Bend the knee to 90 degrees - Knee aligned with the big toe - Hips stay horizontal throughout movement - No rotation throughout movement
Wall angels	Press ups
<p>Points -</p> <ul style="list-style-type: none"> - Lower back can stay on the wall - Elbows can touch the wall - Wrists can touch the wall - Rise your arms above your head - Fingers can touch above your head 	<p>Points -</p> <ul style="list-style-type: none"> - Ears, shoulders, hips, knees and ankles in line - No 'sagging' in the back - No swaying or rotating when lifting - Body rises in one line - Can do 5 correctly
Single leg balance and reach	
<p>Points –</p> <ul style="list-style-type: none"> - Able to keep the movements under control - Knee is over toes even when moving - Hips stay level - Hips do not rotate - Movement is fast and controlled 	



Score sheet

Use this sheet to write down your scores for each exercise. Make any notes that will help you, and then repeat the exercises again in 6 weeks' time to see if there are improvements.

	Date	Date (after 6 weeks)
Exercise	Score	
Overhead squat		
Single leg squat		
Wall angels		
Press-ups		
Single leg balance and reach		