

SAFE FALL-SAFE SCHOOLS

Annex 5 Observation Test Level I: Forwards Frontal Fall

Analysis of the motor response of pupils to an unintentional **forwards frontal fall** (mae ukemi)

Center Name: _____ Student code: _____

Level:

Course:

Group:

Note: the organization of schools into levels, courses and groups varies by country. These fields are to be modified in a way that fits each country, so that students can be identified anonymously.

Age: _____

Gender:

Male

Female

Height in cm: _____

Weight in kg: _____

Physical activity:

None

Recreative

Competitive

Sport or Physical Activity: _____

Pre-test:

Post-test:

Date: ____/____/____

Name of observer: _____



Photographic description of the Test Level I: Forwards Frontal Fall

Criterion	Description	YES (1)	NO (0)
Head	Keep the head away from the ground.		
	Turn face to one side.		
Forearm	Land on his/her forearm forming angle $\leq 90^\circ$. During the dumping, the fingers are extended, closed, palm down.		
Trunk	Block the trunk extended.		
Hip	Maintains hip block.		

Observations: _____

This study has been approved by the Research Ethics Committee of the General Directorate of Quality, Research, Development and Innovation, of the Ministry of Health of the Regional Government of Andalusia. Spain (CI: 0021-N-18)