

## SAFE FALL-SAFE SCHOOLS

### Annex 6 Observation Test Level I: Sideways Fall

Analysis of the motor response of pupils to an unintentional **sideways fall** (Yoko 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: Sideways Fall

Criterion	Description	YES (1)	NO (0)
Head	Turn the head to one side, looking towards the opposite hip, without touching the ground.		
Arm	Bring their hands behind their head to protect it, or avoid placing them on the ground for cushioning. (Damping).		
Trunk	Roll diagonally from the hip to the shoulder while maintaining flexion.		
Hip	Keep the hip flexed.		
Legs	Keep the legs semi-flexed without crossing them.		

Observations: \_\_\_\_\_