

SAFE FALL-SAFE SCHOOLS

Annex 7 Observation Test Level I: Forward Roll-over Fall

Analysis of the motor response of pupils to an unintentional **forward roll-over fall** (Mae maware 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: Forward Roll-over Fall

Criterion	Description	YES (1)	NO (0)
Head	Turn the head to one side without hitting the ground.		
Arm	Roll continuously (without elbow support) from the hand to the shoulder.		
Trunk	Roll diagonally from the shoulder to the opposite hip while maintaining flexion.		
Hip	Keep the hip flexed.		
Legs	Keep the legs semi-flexed without crossing them.		

Observations: _____