Sit-up Technique for Assessment:

Partner up
Select someone same size/weight to be able to secure feet.
One does sit up and other support feet and counts.
Switch positions later.

Sit-up Person
Lay on the mat in supine position.
Toe at the edge of the mat.
Arms crossed on the chest.
Hands placed on and touching shoulders.
Knees bent at 120 degrees.
Feet flat on the floor.
Once begin head and upper shoulders should remain off the mat.
Using abdominal muscle, pull up and touch your elbows on the center portion of the upper thigh.
Return to mat.
Only lower back needs to touch the mat.
Okole remains on mat.
Continue till the 1 minute time limit expires.

Holder/Counter
Check to see all sit ups are done properly.
Count only correct sit ups.
Secure feet by:
   Place hands on top of ankle.
   Place knees on outside of feet.
   Sit and use body weight to make sure their feet do not move.
Report the amount of correctly done sit-ups to teacher.
Give last name and number of sit-ups for record.