

**HUGHES BASIC MOTOR ASSESSMENT
MOTOR PERFORMANCE EVALUATION I**

NAME:

BIRTHDATE:

AGE AT TIME OF TEST:

DATE OF EVALUATION:

PERFORMANCES

STATIC BALANCE: Client standing in an 18" square is asked to balance on one foot for a count of ten. Client is asked to perform this task on both his/her left and right foot with their arms positioned at their sides or crossed at chest height. Throughout each of these tasks the client is instructed to look at a specific point on the wall. (Six year olds are not to be given the subtest in which they balance on one leg with arms crossed over chest).

DYNAMIC BALANCE: Client is instructed to walk along a 10' line which is painted on the floor. First he/she is asked to walk the line in the forward direction putting the heel of one foot to the toe of the other (heel-toe fashion). Then the client is instructed to walk the same length line, but in the backwards direction; this time displaying a toe to heel fashion when walking backwards. Throughout both of these tasks the client is instructed to look at a specific point on the wall.

STRIDE JUMPING: (This is not tested for clients 6 yrs. and under)

Client is asked to start with feet together and then jump with feet apart in a jump jack fashion (jump with feet apart and then together). This is performed for a count of 20. Client is instructed to continue jumping until tester reaches a count of 20 (10 jumps should be performed in a count of 20).

HOPPING: (6 year olds 6 hops, 7-12 year olds 10 hops)

Client begins in an 18" square and is instructed to hop forward staying between two lines spaced 18" apart for a 10' distance. Client performs this task on both the left and right leg.

Right:

Left:

SKIPPING: Client begins in an 18" square and is instructed to skip down between two lines spaced 18" apart for a 10' distance. When client reaches the end of the 10' distance, he/she is instructed to turn and skip back to the 18" square.

TARGET TOSS: (Distance from target depends on clients age; 6-7 yrs. - 6' line; 8-9 yrs. - 8' line; 10-12 yrs. - 10' line)

Client standing at appropriate distance from target (which is an 18" square painted on the floor) is instructed to pick up a bean bag one at a time and toss it to the target (6 tries are given). An underhand throwing pattern is emphasized during demonstration and instruction.

HAND USED FOR TOSS:

SCORE:

FORM:

YO-YO: (The type of yo-yo used depends on client's age. This task is not performed for 6 year olds, 7-8 year olds use a small container with a heavy ball, 9-12 year olds use a large container with a whiffle ball)

The yo-yo device used in this task is constructed from a plastic container (plastic milk carton), string, and a ball. The bottom portion of the container is cut off and a string is attached to the handle - on the other end of the string a ball is tied.

The object of the yo-yo task is to scoop the ball up into the container. The client is given 1-2 practice trials and then 6 trials are performed and scored.

HAND USED:

SCORE:

FORM:

BALL HANDLING SKILLS: (Catching, Throwing, and Dribbling; Depending upon the clients age, each of the following tasks may vary as far as the distance the client will be asked to throw or catch the ball).

Ages: 6-7 years - using a 7" playground ball the client is asked to catch a ball thrown directly to them, and then throw the ball back to the tester. This is performed 6 times. For dribbling the client is asked to bounce the ball to self and catch it 6 times.

Age: 8 years - same as tasks above, but a 6" ball is used.

Ages: 9-12 years - using a 6" playground ball the client is asked to catch the ball when it is thrown to them. The ball will be thrown to their left side 2 times, their right side 2 times, and directly in front of them 2 times. The client will be instructed to throw the ball back to the tester how the ball was thrown to them (underhand) after each trial. For dribbling the ball, the client is asked to bounce the ball to self alternating hands for 12 dribbles, 6 to each side.

MIDLINE: Client is asked to select a pencil with his/her preferred hand for this task. He/she is then instructed to point using the pencil to the designated bean bag held at various widths on command, crossing the midline when necessary.

**HUGHES BASIC MOTOR ASSESSMENT
MOTOR PERFORMANCE EVALUATION II**

NAME:

BIRTHDATE:

AGE AT TIME OF TEST:

DATE OF EVALUATION:

APPEARANCE, BEHAVIOR AND RESPONSE TO EVALUATION PROCEDURES:

GROSS MOTOR:

SUGGESTIONS: