

Stationary Balance (this item assesses the ability to balance the body in a standing position)

(Scoring: Record actual seconds and pass (+) or fail (-) for each level. Score pass (+) if the student demonstrates the task correctly in two of three trials without moving the stationary foot or touching the elevated foot to the floor. Score fail (-) if the student shifts the stationary foot or touches the elevated foot to the floor.)

Leg Used: _____

Rudimentary	Standing on one leg for five seconds with eyes open , stand with one foot on line, place hands on your hips, stand like this for 5 seconds.	_____	_____
		sec	
*Functional	Standing on one leg for ten seconds with eyes open , stand with one foot on line, place hands on your hips, stand like this for 10 seconds.	_____	_____
		sec	
Mature	Standing on one leg for ten seconds with eyes closed , stand with one foot on line, place hands on your hips, close your eyes, stand like this for 10 seconds.	_____	_____
		sec	

Locomotor Skills

Walk (this item assesses the student's walking pattern)

(Scoring: Record the level of performance that best describes the student's walking pattern.)

Rudimentary	Walking with a wide base of support , student holds arms high with bent elbows, leans forward, and takes flat-footed, awkward steps with feet shoulder-width or more apart.	_____
Functional	Walking flat-footed , student swings arms slightly at waist height in opposition to legs (right arm, left leg-left arm, right leg, etc.), with feet aligned under the shoulders, and takes steps with minimal, slightly awkward heel-to-toe strike.	_____
*Mature	Walking smoothly , student swings arms at sides in opposition, with feet aligned under the shoulders, and walks with a smoothly integrated heel-to-toe strike.	_____

Horizontal Jump (this item assesses the ability to perform a horizontal jump, in which the student jumps forward as far as possible, from a bent-knee position)

(Scoring: Record the level of performance that best describes the student's horizontal jumping pattern.)

Rudimentary	Jumping upward with uneven landing , student swings arms down and back, jumps more upward than forward with legs moving in front of trunk, and lands awkwardly with one foot before the other.	_____
Functional	Jumping forward with arms and legs uncoordinated , student swings arms and bends knees, jumps more forward than upward with arms and legs moving in a slightly awkward, uncoordinated fashion, and lands on both feet simultaneously.	_____
*Mature	Jumping forward with arms and legs coordinated , student bends knees, swings arms back and then up above the head, extending body fully by straightening the legs at take off and landing with both feet together, forward of the body.	_____

Run (this item assesses the student's running pattern)

(Scoring: Record the level of performance that best describes the student's running pattern.)

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| Rudimentary | Running flat-footed with wide base of support , student holds arms bent at or above waist height, with feet shoulder-width or wider apart, and takes awkward, short, flat-footed strides with legs slightly bent. | _____ |
| Functional | Running with arm opposition and short strides , student swings arms in opposition below waist but runs with a shorter than normal heel-to-toe stride, with legs bent awkwardly at about a 90-degree angle. | _____ |
| *Mature | Running with arm opposition and long strides , student swings arms in opposition, and runs with long strides, placing feet in a heel-to-toe pattern, bending the lead leg at about a 90-degree angle. | _____ |

Hop (this item assesses the ability to hop forward on one foot while holding the other foot suspended. The student propels himself or herself by bending the knee of the supporting leg and pushing hard and fast upward and forward and landing on the same leg)

(Scoring: Record the level of performance that best describes the student's hopping pattern.)

Leg Used: _____

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|-------------|---|-------|
| Rudimentary | Hopping with slight knee bend , minimal balance, student's suspended knee is bent at less than a 90-degree angle, balance is poor, and the arms move excessively and awkwardly. | _____ |
| Functional | Hopping with full knee bend , exaggerated arm swing, student's suspended knee is bent at a 90-degree angle, balance is maintained, but the arms swing upward in a slightly awkward manner while hopping. | _____ |
| *Mature | Hopping with full knee bend , coordinated arm movements, student's knee is bent at a 90-degree angle, elbows are bent at the sides, and the arms swing slightly at the sides. | _____ |

Gallop (this item measures the ability to gallop in which the student leads with one leg and the other leg trails. The lead leg strides forward and the student places his or her weight on that leg while the foot of the trailing leg steps to the heel of the lead leg. Weight is shifted to the trailing leg so that the lead leg can repeat the sequence)

(Scoring: Record the level of performance that best describes the student's galloping pattern.)

Leg Used: _____

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| Rudimentary | Galloping flat-footed , student holds arms bent above the waist, has feet shoulder-width or farther apart, and takes flat-footed, awkward steps leading with one foot and following with the other in short, jerky steps. | _____ |
| Functional | Galloping with rocking motion , student gallops with knees slightly bent, swings arms at waist level, and lands on the heels in a slightly awkward rocking motion. | _____ |
| *Mature | Galloping with long strides , student gallops in long, smooth strides with knees bent and swings arms slightly below the waist in opposition to legs. | _____ |

Skip (this item assesses the ability to skip with a rhythmic step-hop pattern)

(Scoring: Record the level of performance that best describes the student's skipping pattern.)

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| Rudimentary | Skipping stiffly in a step-hop pattern , student skips with an exaggerated step-hop pattern, holding arms stiffly or stationary. | _____ |
| Functional | Skipping with an exaggerated airborne hop , student swings arms hard forward and upward, and step-hops in a rhythmical pattern with an exaggerated, slightly awkward, airborne hopping pattern. | _____ |
| *Mature | Skipping rhythmically , student swings arms slightly in opposition, and step-hops in a relaxed manner with a rhythmic weight transfer from one side to the other. | _____ |

Body Fitness Skills

Arm-Shoulder Flexibility (this item assesses a student's range of motion or flexibility of the shoulder joint)

(Scoring: Record the level of performance that best describes the student's arm circles.)

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|-------------|---|-------|
| Rudimentary | Small arm circles , student holds arms straight out to the side at shoulder level and moves arms in small circles between shoulders and waist. | _____ |
| Functional | Medium arm circles , student holds arms straight out to the sides at shoulder level and moves arms in medium-sized circles between head and slightly below hips. | _____ |
| *Mature | Large arm circles , student holds arms straight out to the side at shoulder level and moves arms in large circles from above head to below hips. | _____ |

Midbody Flexibility (this item assesses the range of motion or flexibility of a student's trunk (waist, spine))

(Scoring: Record the level of performance that best describes the student's midbody flexibility.)

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| Rudimentary | Slight trunk bend , student bends slightly in all four directions (bend forward, bend to the side, bend to the other side, bend back). | _____ |
| Functional | Moderate trunk bend , student bends moderately – 20 to less than 45 degrees – in all four directions (bend forward, bend to the side, bend to the other side, bend back). | _____ |
| *Mature | Full trunk bend , student bends fully – 45 degrees – in all four directions (bend forward, bend to the side, bend to the other side, bend back). | _____ |

Abdominal Strength (this item assesses the student's abdominal strength through sit-ups. The student does as many sit-ups as possible in 20 seconds, with knees bent and arms crossed on chest)

(Scoring: Record the level of performance that best describes the student's abdominal strength.)

Number of Sit-Ups: _____

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|-------------|---|-------|
| Rudimentary | Sit-ups at less than a 45-degree angle with arms stretched and knees bent , student does two or more repetitions of less than 45-degrees in poor form with arms uncrossed and legs straightened, stops completely between repetitions, and continues for less than 20 seconds. | _____ |
| Functional | Sit-ups at 45-degree angle, for at least half of sit-ups, with arms crossed and knees bent , student does half or more of the sit-ups in correct form and does continuous repetitions for 20 seconds. | _____ |
| *Mature | Sit-ups at 45-degree angle with arms crossed and knees bent , student does nearly all of the sit-ups correctly and does continuous repetitions for 20 seconds. | _____ |

Leg-Hip Flexibility (this item assesses a student's range of motion or flexibility of the hip joint)

(Scoring: Record the level of performance that best describes the student's leg-hip flexibility.)

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| Rudimentary | Touching fingertips to toes , student stands with legs shoulder-width apart and knees straight and touches toes with fingertips. | _____ |
| Functional | Touching knuckles to floor , student stands with legs close together and knees straight and touches floor with knuckles. | _____ |
| *Mature | Touching palms to floor , student stands with legs close together and knees straight and touches floor with palms of hands. | _____ |

Arm-Shoulder Strength (this item assesses a student's arm-shoulder strength through push-ups. The student does full push-ups by lowering chest to fist height, approximately three inches from floor, and supporting the body with hands and toes, with arms extended and back straight in the upright position for up to 20 seconds)

(Scoring: Record the level of performance that best describes the student's arm-shoulder strength.)

Number of Push-Ups: _____

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| Rudimentary | Push-ups with elevated hips , student does all repetitions in poor form, with hips raised too high and back not straight, stops between repetitions, and continues for less than 20 seconds. | _____ |
| Functional | Continuous push-ups with adequate form , student does about half of the repetitions in correct form and continues for 20 seconds. | _____ |
| *Mature | Continuous push-ups with correct form (back and legs straight) , student does nearly all of the repetitions in correct form and continues for 20 seconds. | _____ |

Object Movement Skills

Kick (this item assesses the student's kicking pattern, using a "toe" kick)

(Scoring: Record the level of performance that best describes the student's kicking pattern.)

Leg Used: _____

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|-------------|---|-------|
| Rudimentary | Kicking ball with leg movement from the knee , student stands near the ball with knee bent and pushes the ball forward awkwardly with the foot, straightening the leg forward after the kick. | _____ |
| Functional | Kicking ball with minimal follow-through , student stands near the ball and straightens the knee before touching the ball, showing little arm-leg opposition and moving the kicking leg forward slightly awkwardly after kicking the ball. | _____ |
| *Mature | Walking forward, stopping, and kicking ball with follow-through , student takes one or more steps toward ball, places support foot near the ball, with arm-leg opposition, straightens the kicking leg before touching the ball, and continues to move the kicking leg forward after kicking the ball. | _____ |

Bounce/Dribble (this item assesses the student's ability to bounce and dribble a ten-inch ball)

(Scoring: Record the level of performance that best describes the student's bounce/dribble pattern.)

Hand Used: _____

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|-------------|--|-------|
| Rudimentary | Bouncing and trapping ball with both hands (bounce the ball once and catch it), student stands with feet stationary, shoulder-width apart, holding the ball at about waist height with both hands, and then pushes the ball straight down and traps or catches the bounced ball against the body. | _____ |
| Functional | Dribbling ball with one hand, feet stationary (stand on the line and use one hand to bounce the ball continuously for 5 bounces), student uses one hand to push the ball downward with fingertips, receives bounced ball using the arm, fingers, and wrist, and then continuously pushes the ball back down with one hand for five bounces. | _____ |
| *Mature | Dribbling ball with one hand while walking or running (walk or run forward around the cones while you bounce (dribble) the ball with one hand). Then dribble the ball back around the cones to the line), student pushes the ball downward and forward with fingertips, steps forward as the ball is bounced and uses fingers to continue bouncing it while walking or running forward around the cone and back again, maintaining continuous bouncing while changing directions. | _____ |

Catch (this item assesses the student's pattern of catching a ball)

(Scoring: Record the level of performance that best describes the student's catching pattern.)

- Rudimentary **Trapping ball against chest with both hands**, student extends arms forward and awkwardly tries to catch the ball with the hands as it approaches by wrapping arms around it and trapping it against the chest. _____
- *Functional **Catching ball in both hands with feet stationary**, student extends bent arms forward, with feet stationary, and catches the ball with hands away from the body. _____
- Mature **Catching ball in both hands while moving**, student extends bent arms forward and moves toward the ball as it is caught, with hands away from the body, and brings ball close to body. _____

Overhand Throw (this item assesses the student's ability to throw a ball in an overhand pattern)

(Scoring: Record the level of performance that best describes the student's overhand throwing pattern.)

Hand Used: _____

- Rudimentary **Throwing ball overhand with feet stationary**, student faces the target, keeps feet parallel and stationary, and throws with hand passing over the shoulder or crossing in front of the body diagonally. _____
- Functional **Throwing ball overhand while stepping forward on the same side**, student faces the target and steps forward with the foot on the same side as the throwing arm, throws the ball with hand passing over shoulder, and follows through with throwing arm. _____
- *Mature **Throwing ball overhand while stepping forward on the opposite side**, student stands sideways to the target, steps forward with foot opposite throwing arm, and throws ball with hand passing above shoulder and following through with the throwing arm. _____

Strike (this item assesses the student's ability to bat a tossed ball with a sidearm motion)

(Scoring: Record the level of performance that best describes the student's batting pattern.)

Hand Position: _____

- Rudimentary **Swinging bat with feet stationary**, student grips the bat with hands together about one inch from the base, one hand on top of the other, holds bat out to the side with elbows slightly bent, stands almost sideways to the ball, and swings the bat down and across the front of the body awkwardly, keeping feet stationary without transferring body weight. _____
- Functional **Swinging bat and transferring weight**, student grips the bat with hands together about one inch from the base, one hand on top of the other, holds the bat up and back over shoulder, stands sideways to the ball, and swings the bat down and horizontally while transferring weight to the lead foot. _____
- *Mature **Swinging bat, transferring weight, and following through**, student grips the bat with hands together about one inch from the base, dominant hand on top, holds the bat over the shoulder, stands sideways to the ball with weight on the foot farthest from ball, swings the bat forward leading with the hands and shifts weight to the forward foot in a smooth, integrated motion. _____

Underhand Throw (this item assesses the student's underhand throwing pattern)

(Scoring: Record the level of performance that best describes the student's overhand throwing pattern.)

Hand Used: _____

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|-------------|---|-------|
| Rudimentary | Throwing ball underhand with feet stationary , student stands with feet shoulder-width apart, swings the throwing arm downward, back, and then forward, and releases the ball without following through with the throwing arm. | _____ |
| Functional | Throwing ball underhand while stepping forward on same side , student swings the throwing arm downward, back and then forward, while stepping forward on the same side, releases ball and follows through with the throwing arm. | _____ |
| *Mature | Throwing ball underhand while stepping forward with the opposite foot , student swings the throwing arm forward and up, and then swings the throwing arm downward, back, and then forward while stepping forward with the opposite foot, releases the ball, and follows through with the throwing arm. | _____ |

Underhand Roll (this item assesses the student's ability to roll a ball using an underhand motion)

(Scoring: Record the level of performance that describes the student's underhand rolling pattern.)

Hand Used: _____

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|-------------|--|-------|
| Rudimentary | Rolling ball from between legs in standing position , student stands leaning forward with feet shoulder-width apart and knees bent, holds the ball with hands on the side and the back of the ball, and then swings the ball slightly back and pushes it forward, extending both arms. | _____ |
| Functional | Rolling ball from side in standing position , student stands with feet apart and holds the ball in both hands at about waist height, and then swings the ball down and back to one side, mainly with one hand, while bending knees and leaning forward, releases the ball with one hand, and follows through with hand and arm, shifting weight to one side, but not from one leg to another. | _____ |
| *Mature | Rolling ball from side while stepping with opposite leg and transferring weight , student stands with feet close together holding ball in both hands at about waist height, swings the ball down and back on one side with one hand while bending the knees and leaning forward, steps forward with the foot opposite the rolling arm, releases the ball, and follows through with the rolling arm. | _____ |