



Beginner Skills Assessment Sheet

Group	
Evaluator	

4 Excellent **Achieved with ease**
3 Good **Achieved fairly well**
2 Average **Needs verbal prompting**
1 Poor **Requires assistance and repetition**

Child's Name	Age / Year of Birth	Start-of-Semester	Mid-Semester	End-of Semester

	Score	Notes:	Score	Notes:	Score	Notes:
1 Balance on one leg for 5 seconds.						
2 Throw a ball from a 2 m distance to a target on the wall at head height.						
3 Walk forwards along a rope 2 to 3 meters in length.						
4 Hop on one leg 5 times moving forwards.						
5 Skip forwards using a MoovKids hoop 5 times.						
6 Catch a ball with two hands. The ball can be caught against the body.						
7 Walk 5 meters balancing a beanbag on the head. Turn around and walk back.						
8 Walk/run in and out of 5 hoops/objects placed on the floor one meter apart.						
9 Jump forward with feet together 5 times.						
10 Throw 3 beanbags into a hoop 2 meters away using both the left and right hand.						

Total:			
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Intermediate Skills Assessment Sheet

Group

Evaluator

- 4 Excellent** Achieved with ease
- 3 Good** Achieved fairly well
- 2 Average** Needs verbal prompting
- 1 Poor** Requires assistance and repetition

Child's Name

Age / Year of Birth

Start-of-Semester

Mid-Semester

End-of Semester

1 Balance on each leg for 5 seconds.

2 Throw a ball at a target head height, 3m distance.

3 Walk forwards and backwards along a rope with the eyes closed.

4 Hop on each leg 5 times moving forwards.

5 Skip forwards using a rope, stepping over the rope x 5.

6 Catch a ball with two hands away from the body. Return ball with and underhand throw.

7 Walk forwards and backwards balancing a beanbag on the head 5 meters each way.

8 Run forwards and backwards in and out of 5 hoops/objects placed in a line on the floor.

9 5 long jumps forward, repeat with eyes closed.

10 Throw 3 beanbags into a hoop 3 meters away using both the left and right hand.

Score

Notes:

Score

Notes:

Score

Notes:

Total:



Advanced Skills Assessment Sheet

Group	
Evaluator	

4 Excellent **Achieved with ease**
3 Good **Achieved fairly well**
2 Average **Needs verbal prompting**
1 Poor **Requires assistance and repetition**

Child's Name	Age / Year of Birth	Start-of-Semester	Mid-Semester	End-of Semester

	Score	Notes:	Score	Notes:	Score	Notes:
1 Balance on each leg with one knee held high for 5 seconds.						
2 Throw a ball at a target head height, 3m distance and catch it.						
3 Walk forwards and backwards along a rope, 2 to 3 meters in length, eyes closed.						
4 Hop on each leg over a rope from side to side.						
5 Skip forwards using a rope, jumping over the rope with feet together x 5.						
6 Catch and return a ball with an overhand throw. Catch ball away from the body.						
7 Walk forwards and backwards 5m balancing a beanbag on the head, eyes closed.						
8 Jump from legs apart to legs crossed repeatedly, alternating front leg when crossing.						
9 Do 5 long jumps forward and 5 jumps backwards with eyes closed.						
10 Use both hands to throw a beanbag into each of 3 hoops placed in a line. First hoop 3 meters away.						
Total:						