



Child's Name

Age / Year of Birth

Date

SIX LEVEL-DEFINING ASSESSMENT SKILLS

STABILITY SKILLS

Balance on one leg for 5 seconds

Difficult to hold a balance and to control core.

Able to lift one leg, holds balance briefly.

Holds balance for 5 seconds.

- 1 Developing ability
- 2 Somewhat achieved
- 3 Achieved with ease

Walk 3-5 meters balancing a beanbag on the head

Drops beanbag at least twice, has poor posture.

Drops beanbag once or has to stop it falling, posture fairly good.

Able to walk 5 meters with good posture and beanbag in place.

- 1 Developing ability
- 2 Somewhat achieved
- 3 Achieved with ease

MANIPULATIVE SKILLS

Catch a ball underhand from a distance of 2 meters

Unable to catch the ball. Arms not held in correct position.

Catches the ball holding it against the body.

Catches the ball away from the body with two hands.

- 1 Developing ability
- 2 Somewhat achieved
- 3 Achieved with ease

Throw 3 beanbags into a hoop underhand from a distance of 2 meters

Able to throw only one beanbag into the hoop.

Able to throw 2 beanbags into the hoop.

Able to throw all 3 beanbags into the hoop.

- 1 Developing ability
- 2 Somewhat achieved
- 3 Achieved with ease

LOCOMOTIVE SKILLS

Hop on one leg for 3 meters

Unable to hop 3 meters, has to keep lowering the leg.

Hops the full distance inconsistently with jerky movements.

Able to hop consecutively 3m with a relaxed free leg.

- 1 Developing ability
- 2 Somewhat achieved
- 3 Achieved with ease

Gallop approximately 3-5 meters

Unsure of how to gallop, nor which leg to use.

Inconsistent foot movements and speed.

Places feet correctly and consistently.

- 1 Developing ability
- 2 Somewhat achieved
- 3 Achieved with ease

Beginner: 6 - 9

Intermediate: 10 - 14

Advanced: 14 - 18

Total

Level