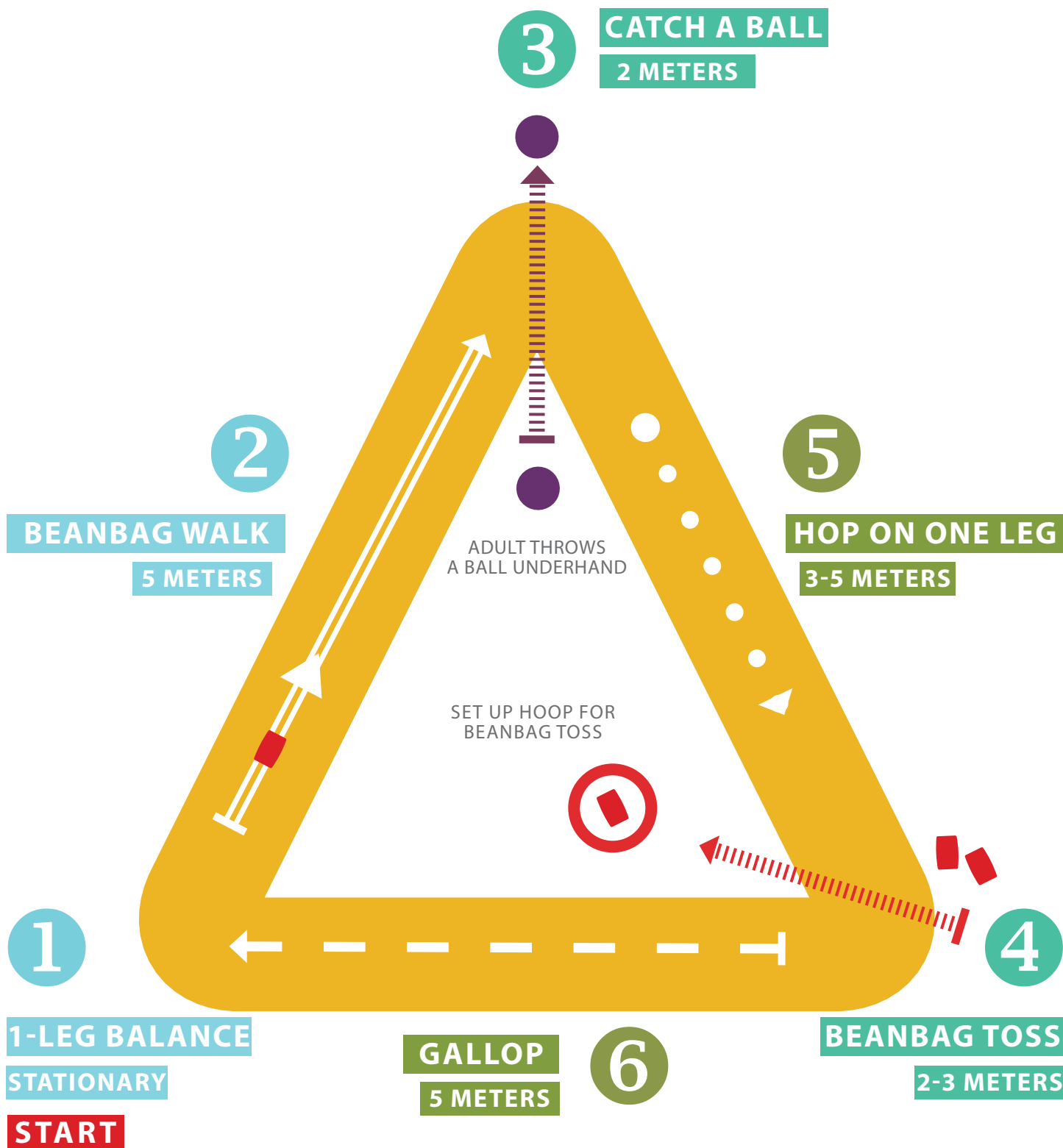


Level-Defining Assessment Circuit

Stability, Manipulative & Locomotive Skills



STABILITY SKILLS

- 1 BALANCE ON ONE LEG FOR FIVE SECONDS
- 2 WALK THREE METERS BALANCING A BEANBAG ON THE HEAD

MANIPULATIVE SKILLS

- 3 CATCH A BALL UNDERHAND
TWO TIMES THROWN FROM TWO METERS
- 4 THROW A BEANBAGS INTO A
HOOP THREE TIMES AT 2-3 METERS

LOCOMOTIVE SKILLS

- 5 HOP ON ONE LEG FOR THREE METERS**
- 6 GALLOP FOR FIVE METERS**



LEVEL-DEFINING CIRCUIT - SIX ACTIVITIES

Locomotive Movement with Basic Equipment

Skill Focuses: BALANCE MANIPULATIVE SKILLS LOCOMOTIVE MOVEMENT

Equipment: A FEW BEANBAGS / ONE HOOP / ONE MEDIUM-SIZED BALL / MARKERS (OPTIONAL)



BALANCE ON ONE LEG FOR FIVE SECONDS STABILITY SKILL 1

Objective: To achieve a static or stationary balance while balancing on one leg.

Develops: Focus and concentration, core strength, posture and body awareness.

Description: Balance on one leg while holding the arms out to the side. The knee of the free leg is held at hip height.



BEANBAG BALANCE WALK STABILITY SKILL 2

Objective: To practice dynamic balance by moving while balancing an object on the head.

Develops: Focus & concentration, core strength, posture, body and spatial awareness.

Description: Walk a distance of 3 meters while balancing a beanbag on the head. Hands can be held out to the side for balance.



CATCH A BALL UNDERHAND FROM A 2-METER DISTANCE MANIPULATIVE SKILL 1

Objective: To develop hand-eye coordination by catching a ball

Develops: Spatial awareness, timing, focus & concentration, visual convergence

Description: Catch a ball with two hands. The ball is thrown from a distance of two meters.



BEANBAG TOSS MANIPULATIVE SKILL 2

Objective: To develop aiming skills, visual acuity and an experience force and velocity by throwing to a target.

Develops: Timing, body & spatial awareness, manual dexterity and force modulation.

Description: A beanbag is thrown into a 60-70cm diameter hoop from a two-meter distance. Throw three times.



HOP ON ONE LEG FOR THREE METERS LOCOMOTIVE SKILL 1

Objective: To achieve a static or stationary balance while balancing on one leg

Develops: Focus & concentration, core strength, posture, body awareness, visual convergence

Description: Balance on one leg while holding the arms out to the side. The knee of the free leg is held at hip height.



GALLOP A DISTANCE OF THREE TO FIVE METERS LOCOMOTIVE SKILL 2

Objective: To develop laterality, rhythm and motor planning through galloping steps.

Develops: Core strength, posture, body awareness, directional movement and dynamic balance.

Description: Step out with the lead foot, when the body weight is on the the the front leg, the back leg slides toward the front. Weight shifts to the back leg as the front leg steps forward again. Continue the pattern.



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.

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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.

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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.

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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.

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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.

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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.

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1 Developing ability

2 Somewhat achieved

3 Achieved with ease

Beginner: 6 - 9**Intermediate:** 10 - 14**Advanced:** 14 - 18**Total****Level**