Assessment of Skills in Physical Education for   
Individuals with Orthopedic Impairments

MM/DD/YYYY

Student’s Name

**Student: Date of Birth:**

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School’s Name

**School:**  **ID Number:**

Name

XX

**Assessor:**  **Grade:**

Preferred Arm/Hand: Left Right Not Identified Preferred Foot: Left Right Not Identified

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| **General Level as per the Gross Motor Function Classifications System** | | | | | |
|  | |  |  | |  |
|  | Level 1 – Walks without limitation | |  | Level 3 – Walks using a hand-held mobility device | |
|  | Level 2 – Walks with limitation | |  | Level 4 - Self-mobility with limitations; may use powered mobility | |

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| **Medical Considerations** | | | | | |
|  | |  |  | |  |
|  | Atlanto-axial instability | |  | Muscular Atrophy | |
|  | Brittle Bone | |  | Hypertonia (more tone) Hypotonia (less tone) | |
| **Other:** | | | | | |

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| **Mobility Devices** | | | | | |
|  | |  |  | |  |
|  | **Gait Trainer**  **Rifton Pacer**  Pelvic Support Directional Locks  Starts/Stops Around People/Obstacles | |  | **Walker:** Walks more than 100 feet  Starts/Stops Around People/Obstacles | |
|  | **Mobile Prone Standers**  Starts/Stops Around People/Obstacles | |  | **Loft Strands/ Cane:** Walks more than 100 ft.  Starts/Stops Around People/Obstacles | |
|  | **Motorized Wheelchair:**  Starts/Stops Around People/Obstacles | |  | **Other:** | |
| **Notes:** | | | | | |

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| **Functional Movement Skills Non-Ambulatory** | | | | | |
|  | |  |  | |  |
|  | **Transitions** Chair to floor Floor to chair Stand to floor Floor to stand  With Support | | | | |
|  | **Maintains static standing position**  With hip support  Holding a stable support | |  | **Starts and stops with control and balance.**  When moving quickly On command | |
|  | **Squats and returns to standing position**  With hip support  Holding a stable support | |  | **Changes direction with control and balance**  Quickly In a crowded area Safely | |
|  | **Steps onto an elevated surface at least 8”**  With hip support  Holding a stable support | |  | **Maintains controlled grasp of tennis ball or paddle**  Right hand Left hand | |
|  | **Steps off an elevated surface at least 8”**  With hip support  Holding a stable support | |  | **Demonstrates purposeful release of object**  Right hand Left hand | |
|  | **Steps over a stick-like object on the floor**  With hip support  Holding a stable support | |  | **Holds an 8” to 9” ball with both hands and releases it with control** | |
| **Notes:** | | | | | |

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| **Wheelchair Mobility (If Applicable) Manual Motorized** | | | | | |
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|  | Moves breaks on and off  Not Applicable | |  | Starts and stops with control.  When moving On command | |
|  | Moves wheelchair  ForwardBack Around corners & objects | |  | Moves wheelchair safely within a crowded area  During a sport or game situation | |
|  | Maintains pace with peers | |  | Uses appropriate speed and control for the situation | |
| **Notes:** | | | | | |

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| **Balance** | | | | | |
|  | |  |  | |  |
|  | Maintains standing position (non-locomotor)  Raised arms  Both arms down Twisting | |  | Stands on a low balance beam  With adult support | |
|  | Stands on preferred non-preferred foot for 5 seconds With adult support | |  | Walks across a low balance beam  With adult support | |
| **Notes:** | | | | | |

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| **Basic Body Coordination** | | | | | |
|  | |  |  | |  |
|  | Raises arm up above head.  Right Left | |  | Crosses arm over midline of body  Right Left | |
|  | Bring both hands together at midline | |  | Lift arm & leg up at the same time on the same side  Right Left | |
| **Notes:** | | | | | |

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| **Social Interaction** | | | | | |
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|  | Type of Play Unoccupied Solitary Parallel Associative Cooperative | |  | Engages in interaction with peers  Avoids Accepts Seeks Out | |
|  | Asks questions and self-advocate for support  Often Sometimes Occasionally | |  | Provides positive praise to peers  Often Sometimes Occasionally | |
|  | Engagement in group activities  Self-initiates Adult support | |  | Takes turn in games and conversation with others  Often Sometimes Occasionally | |
| **Notes:** | | | | | |

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| **Locomotor Skills** | | | | | |
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|  | **Walks** with  Smooth leg stride Arm & leg opposition Balance & stability | |  | **Jumps** (two feet) In place Forward Down from elevation Up 6” elevation | |
|  | **Runs** with Arm swing and bent Long leg stride Flight phase Arm and leg opposition | |  | **Hops** (one foot) In place preferred foot\_\_\_times  In place non-preferred foot\_\_\_times Forward | |
| **Notes:** | | | | | |

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| **Object Control Skills** | | | | | |
|  | |  |  | |  |
|  | **Roll** Lowers body Step forward Pendulum Arm swing Forward release | |  | **Catch** Two hands in front Slight arm bend Reaches to ball Steps forward Secure ball | |
|  | **Throw** Forward release Shoulder rotation Step forward Opposition Follow through | |  | **Kick** Approaches ball Non-kick foot near ball Contacts ball Instep Follow through | |
|  | **Toss** Step forward Pendulum arm swing Opposition Release Forward | |  | **Strike** Hips face object Back arm swing Horizontal arm motion forward Hip rotation Follow through Contact ball | |
| **Notes:** | | | | | |

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| **Sport Skills** | | | | | |
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|  | **Sitting Volleyball** Ready position Forward movement Backward movement Lateral movement Overhead Pass/Set Serve 6 Up Defense | |  | **Power Soccer** Knowledge for positions and rules Dribbles with control around obstacles  Passes Defensive strategy Shoots at goal Moves into position without the ball | |
|  | **Wheelchair Basketball** Stationary dribble Dribbles in movement Bounce stop Bounce spin Ball pickup Ball protection T-up Mature shooting technique | |  | **Wheelchair Tennis** Grips racket Groundstroke Moves into ready position Defensive position Serve Overhead strike Backstroke Returns opponent’s serve | |
|  | **Boccia** Adjusts body position Tosses ball to target Shows differing and appropriate force Demonstrates defensive strategy | |  | **Wheelchair Track** Rolls 32 ft Rolls 100m (¼ lap around track)  Rolls 400m (1 track lap) Rolls in & out of 3 cones over 60 ft(Slalom) | |
| **Notes:** | | | | | |

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| **Instructional Accommodations** | | | | | |
|  | |  |  | |  |
|  | A chair for sitting | |  | Larger targets | |
|  | Decreased playing area or distance | |  | Lighter equipment | |
|  | Less crowded, open space to move | |  | Alternate methods to show knowledge and skills | |
|  | Larger equipment | |  | Additional practice time | |
|  | Instructional Assistant | |  | Other: | |