Assessment of Skills in Physical Education for
Individuals with Orthopedic Impairments

MM/DD/YYYY

Student’s Name

**Student: Date of Birth:**

#########

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**  |
|  |  |  |  |
| [ ]   | Moves breaks on and off [ ] Not Applicable  | [ ]   | Starts and stops with control. [ ] When moving [ ] On command  |
| [ ]   | Moves wheelchair [ ] Forward[ ] Back [ ] 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**  |
|  |  |  |  |
| [ ]   | 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**  |
|  |  |  |  |
| [ ]   | **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**  |
|  |  |  |  |
| [ ]   | **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:  |