

Physical Activity Profile of Independence for Individuals with Severe and Profound Impairments

# **Standard-Based Assessment Tool**

Aligned with the National Standards for Physical Education

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# Acknowledgements

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#### Introduction

This Physical Activity Profile of Independence for Individuals with Severe and Profound Impairments (PAPI I-SAPI) is designed to assess the present level of independence for performing skills necessary for participation in lifetime physical activity and fitness. The PAPI I-SAPI was developed for individuals 5 to 21 years of age with significant cognitive, psychomotor, and affective developmental delays. This tool can be utilized for children under the age of 5 as deemed necessary and appropriate. This tool is aligned to the National Association for Sport and Physical Education (NASPE) National Physical Education standards. The PAPI I-SAPI assesses the levels of independence for engaging in rudimentary skills, fundamental skills, and personal-social skills. This assessment tool also focuses on basic knowledge of anatomy and physiology; wellness and fitness; and level of independence during lifetime physical activities. The individual is asked to perform locomotor, non-locomotor, and manipulative tasks that check proprioception, visual tracking, balance, weight shifting, force patterns, health related fitness components, motor planning, reaction time, coordination, personal/social values, attention, and value for physical activity.

This assessment tool can guide yearly instruction, aid in providing a present level of performance, and monitor progress. There are 7 test sections; each section has between 3 and 15 test items. *The instructors may determine how many test sections and items to administer per year or per individual. The instructor should choose a variety of test items to provide a comprehensive assessment of the individual's over-all potential for guiding future individualized instruction.* 

The personal fitness plan is designed for the students' ages 15 - 21 years to support their transition out of school. The plan consists of a parent survey to identify the activities family members engage in, a preferred physical activities form for the students to fill out (with support if necessary), a personal fitness selection form, and a personal fitness comprehensive report. These documents provide the education team members with information that guides instruction and promote a smooth transition out of school towards a healthier more active lifestyle.

The PAPI-ISAPI uses a developmentally appropriate approach towards age appropriate standards. The general education curriculum identifies age appropriate skills to be taught in a scope and sequence. An individual not meeting the grade level curricular skills should still follow the age appropriate curricular concepts through differentiation of instruction. This is achieved through task analysis; the process of learning how a task is accomplished, including detailed description and complexity required to perform the given task. The base skills that make up the more complex movements and higher order level concepts for an individual to participate in leisure, sports, and activities of daily living are known as foundational skills.

### **Psychomotor Skills**

- Balance
- Visual Perception
- Range of Motion
- Body Coordination
- Weight Shifting
- Body Posture
- Object Control
- Body and Spatial Awareness
- Mobility

#### Affective Skills

- Facial Expression
- Attention Span
- Social Interaction
- Displayed Behaviors
- Sensory Receptors

## **Cognitive Skills**

- · Cause and Effect
- Prior Experiences
- Follows One-Step Directions
- Expressive Communication
- Receptive Communication

Weiner, 2015

# **National Standards for Physical Education**

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Society of Health and Physical Educators (SHAPE America) 2014. National standards & grade-level outcomes for k-12 physical education. Retrieved August 30, 2016 from http://www.shapeamerica.org/standards/pe/

## Level of Independence Rubric Description

The level of independence rubric below defines and quantifies each level. The chart on page ix, will provide you with the level of independence the individual is presently performing the skill. The levels are defined below. A score of 3 (emerging independence) is the desired level of performance for each rubric.

	Level of Independence Rubric Defined							
Not Completed	Fully Dependent	Partially Dependent	**Emerging** Independence	Independent				
0	1	2	3	4				
The student did not complete the indicated number of essential skill components in order to complete the rubric.	The student requires full physical assistance in order to perform most to all of the essential skill components in the rubric.	The student requires partial physical assistance or prompts in order to perform most to all of the essential skill components in the rubric.	The student is able to independently perform most to all of the essential skill components in the rubric when visual and/or verbal prompts are provided.	The student independently performs most to all of the essential skill components in the rubric.				

## **Key Score Level Rubric Description:**

Each skill in the assessment will have five or six sub-skill components to observe. The scoring administrator will assign the number associated with the assistance level needed (defined in the chart below) to each sub-skill component assessed. The scoring administrator will use the chart on prefix page nine (ix) to figure out the level of independence. The total key score divided by the number of sub-skill components (criteria) assessed will give you the level of independence.

	Key Score Levels Defined						
Independence	4	The student independently performs the skill without any support. Verbal and visual motivation is not considered a support in the context of this tool.					
Visual and Verbal Prompt	3	Providing the student with skill or task specific cues that directly enhances performance.					
Partial Physical Assistance	2	Moving the student into a position that allows for independent performance of the skill.					
Fully Physical Assistance	1	Moving the student through the entire movement of a skill.					
Refusal or Skill Not Applicable	0	The student refuses to attempt or perform the skill or the specific skill presented is not safe, reasonable or appropriate.					

Throughout the assessment, you will see the words "isolated" and "practical". These words have been defined below to promote consistency and decrease confusion.

**Isolated Setting:** The student is asked to demonstrate the skill, principles, and/or concept in a repetitive setting (practice or drill) without change.

**Practical Setting:** The student is asked to apply the skill, principles, and/or concept in a realistic setting (lead-up game, activity, dance/exercise routine) that allows for change and creativity.

Physical Activity Profile of Independence for Individuals with Severe and Profound Impairments - Scope and Sequence

			Key				
Object Control	Orange	Body Control	Blue	Affective	Green	Cognitive	Red

			Key to S	Scope and Sequence			
Rudimentary	Fundamental	Personal-Social	Introduction to	Introduction to	Wellness and	Lifelong Physical	Developmental Aquatics
Skills	Skills	Skills	Anatomy	Physiology	Fitness	Activity	
Head Control	Standing	Facial Expression	External Body Part	Basic Physiology of	Muscular	Bocce	Weight Bearing
			Identification	Body Parts	Endurance Exercises		Stationary Position
Reaching	Walking	Social Interaction	Imitation of Body	Knowledge of	Flexibility of the	Bowling	Water Adjustment
		During Physical Activity	Movements	Growth	Right Side		Breath Control
Grasp and Release	Non-Locomotor	Value for Physical	Internal Body	Physiology of the	Flexibility of the	Miniature Golf	Grasp and Release
	Movements	Activity	System Location	Heart and the Pulse	Left Side		W
Rolling Body	Running	Appropriate Behaviors		Physiology of the Lungs	Cardio-Respiratory Endurance	Hiking/Orienteering	Water Safety
Sitting	Jumping	Time Management		Producing Various	Agility	Speed Walking	Entering the Pool
				External Reactions			Exiting the Pool
				with the Body			
Basic Locomotor Travel	Hopping	Turn Taking			Fitness Plan Development	Horseshoes	Self-Help Skills
Standing	Rolling a Ball	Dealing with Stress				Corn-hole	Navigating the Pool Area
		and Uneasiness					
Squatting	Bouncing a Ball	Advocate for Self				Racquet Sports	Fitness in the Water
Push/Pull	Tossing a Ball					Frisbee	Locomotor Skills
							Leg Exercises
Visual Perception	Kicking a Ball					Dance	Arm Exercises
Range of Motion	Throwing					Roller Skating	Active Movement in the
of the Right Side	Catching						Water
Range of Motion	Striking with a					Croquet	Basic Swimming
of the Left Side	Short						Back Float
M : 1 ( O) :6	Implement					0 "	
Weight Shift	Striking with a					Cycling	Flutter Kicking
	Long Implement						Propulsion on Front
	Wheelchair						Propulsion on Back
	Mobility						Submerging
	Spatial						Human Stroke
	Awareness						

#### Instructions

#### Reflexes, Acceptance, and Range of Motion - Found on page 3

Use this page for individuals with ability levels ranging between birth and one year. Use the codes (+ for demonstrated, <u>+</u> for emerging, -- for not demonstrated, and N/A for not assessed) to indicate present performance for reflexes and acceptance. The range of motion section has a rubric with a scale of 4. Use the scale of four to determine the individual's range of motion for each body movement on both the right and left side. Head control and the skills below uses a + when the skill is demonstrated and – when the skill is not demonstrated.

### Classroom Engagement – Found on page 4

Use this page for individuals with ability levels ranging between 18 months and up. Place the appropriate key code (+ for demonstrated, <u>+</u> for emerging, -- for not demonstrated, and N/A for not assessed) under the appropriate area of performance (independent, visual and verbal prompts, partial physical assistance, full physical assistance and refusal or skill not applicable) for each component of following directions and problem-solving.

### Finding the Average Score – Found on page 1 and Find the Level of Independence – Found on page 2

After completing one or multiple rubrics, you can use these scales to find the average and level of independence. Slide your finger across the top to find the number of skills completed by the individual, and then slide your finger down to the total added score of all the skills completed. Your finger will land in the box that gives you the average score or level of independence for that skill depending on which scale you are using at the time.

#### Example: Kicking a ball (Found on page 11)

	Key Score							
Level	Performance	Level	Performance	Level	Performance			
0	Refusal or Skill Not Applicable	2	Partial Physical Assistance	4	Independent			
1	Full Physical Assistance	3	Visual and Verbal Prompt					

Skill	NASPE Standards			Criteria Components Fundamental Skill					
Kicking a Ball	1, 2	Demonstrates extension of the leg	Demonstrates contacting a	Demonstrates intentional contact	Demonstrates swinging the leg back to front to	Demonstrates kicking a ball with specific	Demonstrates kicking a ball	Number of Criteria Completed	4
			stationary ball with the foot	with a stationary ball using the foot	strike a ball with the foot	direction	towards a target	Total Key Score	13
								Average	3.3
	Key Score	4	3	3	3	0	0	Level of Independence	3
This section	n is used for cor	mments							

The above indicates that the individual is demonstrating emerging independence for kicking a ball.

### Practice some on your own: Answers on next page

Scoring		Scoring		Scoring		Scoring	
Number of Criteria Completed	2	Number of Criteria Completed	5	Number of Criteria Completed	3	Number of Criteria Completed	6
Total Key Score	8	Total Key Score	12	Total Key Score	5	Total Key Score	23
Average		Average		Average		Average	
Level of Independence		Level of Independence		Level of Independence		Level of Independence	

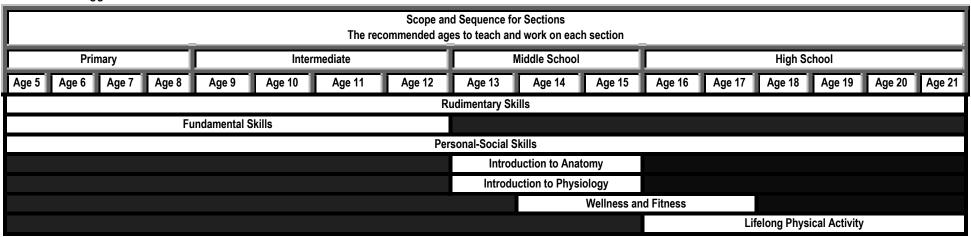
#### Instructions Continued

#### Below is the answer key from practice on previous page

Scoring		Scoring		Scoring		Scoring	
Number of Criteria Completed	2	Number of Criteria Completed 5		Number of Criteria Completed	3	Number of Criteria Completed	6
Total Key Score	8	Total Key Score	12	Total Key Score	5	Total Key Score	23
Average	N/C	Average	2.4	Average	1.7	Average	3.8
Level of Independence	N/C	Level of Independence	2	Level of Independence	2	Level of Independence	4

N/C = Not Completed Partial Dependent Partial Dependent Full Independent

Below is a suggested timeline for when to use the rubrics:



**Using the Rubrics,** place the score of the performance for each sub-skill component completed into the white key score box, below the sub-skill component. When finished add up how many sub-skill components were completed and then add up all the key scores (total key score). Last step is to use the scales on page 1 and 2 to find the average and level of independence. Each section has a summary sheet to fill out.

	Key Score							
Level	Performance	Level	Performance	Level	Performance			
0	Refusal or Skill Not Applicable	2	Partial Physical Assistance	4	Independent			
1	Full Physical Assistance	3	Visual and Verbal Prompt					

Skill	NASPE Standard		Criteria Components Rudimentary Skill				Scoring		
Head Control	1	Demonstrates turning head to one side	Demonstrates turning head to either side	Demonstrates control of the head upon initial change in body position	Demonstrates the ability to maintain control of the head during change in body position	Demonstrates control of the head to maintain the neutral position during daily activity	Demonstrates control of the head through neck righting after change in body position	Number of Criteria Completed Total Key Score	
	Key Score							Level of Independence	

# **Find the Average Score**

Find the level of independence by looking at the number of skills completed (Dark Gray) and the total score (Light Gray). Follow these numbers to the corresponding location on the chart to find the average score.

		•	Number of Skil	ls Completed			
Total Score	1	2	3	4	5	6	Total Score
1	Not Completed						1
2	Not Completed	Not Completed					2
3	Not Completed	Not Completed	1.0				3
4	Not Completed	Not Completed	1.3	1.0			4
5		Not Completed	1.7	1.3	1.0		5
6		Not Completed	2.0	1.5	1.2	1.0	6
7		Not Completed	2.3	1.8	1.4	1.2	7
8		Not Completed	2.7	2.0	1.6	1.3	8
9			3.0	2.3	1.8	1.5	9
10			3.3	2.5	2.0	1.7	10
11			3.7	2.8	2.2	1.8	11
12			4.0	3.0	2.4	2.0	12
13				3.3	2.6	2.2	13
14				3.5	2.8	2.3	14
15				3.8	3.0	2.5	15
16				4.0	3.2	2.7	16
17					3.4	2.8	17
18					3.6	3.0	18
19					3.8	3.2	19
20					4.0	3.3	20
21						3.5	21
22						3.7	22
23						3.8	23
24						4.0	24
Total Score	1	2	3	4	5	6	Total Score
	3.5 – 4.0	Independent		1.5 – 2.4	Partial De	pendent	
	2.5 – 3.4	Emerging Independ	lence	1.0 – 1.4	Full Dep	endent	

# Find the Level of Independence

Find the level of independence by looking at the number of skills completed (Dark Gray) and the total score (Light Gray). Follow these numbers to the corresponding location on the chart to find the average score.

		шо солос роли		Ils Completed			
Total Score	1	2	3	4	5	6	Total Score
1	Not Completed						1
2	Not Completed	Not Completed					2
3	Not Completed	Not Completed	1				3
4	Not Completed	Not Completed	1	1			4
5		Not Completed	2	1	1		5
6		Not Completed	2	2	1	1	6
7		Not Completed	2	2	1	1	7
8		Not Completed	3	2	2	1	8
9			3	2	2	2	9
10			3	3	2	2	10
11			4	3	2	2	11
12			4	3	2	2	12
13				3	3	2	13
14				4	3	2	14
15				4	3	3	15
16				4	3	3	16
17					3	3	17
18					4	3	18
19					4	3	19
20					4	3	20
21						4	21
22						4	22
23						4	23
24						4	24
Total Score	1	2	3	4	5	6	Total Score
	4	Independent		2	Partial De	ependent	
	3	Emerging Independ	dence	1	Full Dep	endent	

Test Date:	Physical Education Sta	ndards Based Assessment Tool	Reflexes, Acceptance and Range of Motion
Student's Name:	Age	Date of Birth:	_Examiner's Name:

Code   Primitive Reflexes   Code   Primitive Reflexes   Code   Regionance   NIA   Not Assessed   NIA	Student's Name:		Age	Date of B	irth:	Exa	miner's Na	me:						
Code   Performance   Code   Performance   Code   Performance   Code   Performance   NIA   Not Assessed					Kev Scor	·e								
Code	Code				rmance									
Moro Reflex   Sudden extension and bowing of arms and legs after being surprised by a noise or sudden movement.	+	Demonstr	rated <u>+</u>	Eme	rging		Not Demonstr	ates	N/A	A Not	Assesse	d		
Startle Reflex   Sudden Mexicon of arms and legs without prior extension after being surprised by a noise or sudden movement.   Auditory Stimuli   Hearing Impairment	Code		Primitive Reflex	es		Code	Acceptance		-	Comments				
Startle Reflex   Sudden flexion of arms and legs without prior extension after being surprised by a noise or sudden movement.   Yes   No   No		Moro Reflex		•	gs after being		Tactile stimuli							
Search Reflex			' · · · · · · · · · · · · · · · · · · ·											
Search Reflex Sucking Reflex The student will search for toys in close proximity by sweeping the hand or foot.  Sucking Reflex The student will suck on fingers, toes or objects by putting them into his/her mouth.  Palmer Grasp Upon stimulation of the palm, the hand will close strongly around the object without use of the thumb.  Parachute or Propping Reflexes  Propagate Protective movements of the limbs in the direction of the displacing force. It occurs in response to loss of balance.  Range of Motion  N/A – Not Assessed  N/A – Not Assessed  O – Student does not demonstrate more than 1 degree of motion  N/A – Not Assessed  O – Student does not demonstrate more than 1 degree of motion  Full Range  Moderate Range Minimal Range  Body Movement  4  3  2  1  Shoulder Extension  Shoulder Flexion  Upward 180 degrees  Upward 91 – 179 degrees  Upward 45 – 90 degrees  Botakurad 10 – 19 degrees  Botakurad 10 – 19 degrees  Upward 45 – 90 degrees  Extension to 180 degrees  Extension to 90		Startle Reflex		•			Auditory Stimuli		Hea		1			
Sucking Reflex   The student will suck on fingers, toes or objects by putting them into his/her mouth.   Palmer Grasp   Upon stimulation of the palm, the hand will close strongly around the object without use of the thumb.   Parachute or Propping Reflexes   Protective movements of the limbs in the direction of the displacing force. It occurs in response to loss of balance.   Additional Information:   Ad			• , ,					Yes		No				
Sucking Reffex into his/her mouth.  Palmer Grasp Upon stimulation of the palm, the hand will close strongly around the object without use of the thumb.  Parachute or Propping Reflexes  N/A – Not Assessed  N/A – Not Assessed  N/A – Not Assessed  N/A – Not Assessed  No – Student does not demonstrate more than 1 degree of motion  N/A – Not Assessed  No – Student does not demonstrate more than 1 degree of motion  N/A – Not Assessed  No – Student does not demonstrate more than 1 degree of motion  N/A – Not Assessed  No – Student does not demonstrate more than 1 degree of motion  N/A – Not Assessed  No – Student does not demonstrate more than 1 degree of motion  Full Range Moderate Range Minimal Range Limited to No Range Right Side  Shoulder Extension  Backward 30 degrees  Backward 30 degrees  Shoulder Flexion  Upward 180 degrees  Upward 91 – 179 degrees  Upward 91 – 179 degrees  Upward 45 – 90 degrees  Upward 1 – 44 degrees  Shoulder External Rotation  Rotation of 90 degrees  Extension to 90 degrees  Extension to 90 degrees  Extension to 180 degrees  Elbow Extension  Extension to 180 degrees  Extension to 180 degrees  Extension to 90 degrees  Extension to 90 degrees  Extension to 90 degrees  Extension from 90 to 120 degrees  Extension to 90 degrees  Extens		Search Reflex		• .		Commer	ıts:							
into his/her mouth.  Palmer Grasp Upon stimulation of the palm, the hand will close strongly around the object without use of the thumb.  Parachute or Propeing Reflexes Propeing Reflexes  N/A – Not Assessed  N/A – Not Assessed  N/A – Not Assessed  N/A – Not Assessed  N/A – Side Side  Roulder Extension  Backward 30 degrees Backward 20 – 29 degrees Backward 10 – 19 degrees Backward 1 – 9 degrees Bhoulder Extension Backward 30 degrees Backward 20 – 29 degrees Backward 4 – 90 degrees Backward 1 – 9 degrees Bhoulder Extension Broulder Extension Backward 10 – 19 degrees Backward 1 – 9 degrees Backward 10 – 19 degrees Back		0 1: 0 6	,	, , , ,			\" \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		\ <i>(</i>					
Palmer Grasp		Sucking Reflex	· ·	gers, toes or object	ts by putting them		Visual Stimuli		Visi	· · · · · · · · · · · · · · · · · · ·				
around the object without use of the thumb.  Parachute or Propping Reflexes  Propping Reflexes  Range of Motion  N/A - Not Assessed  N/A - Not Assessed  O - Student does not demonstrate more than 1 degree of motion  Full Range  Body Movement  Shoulder Extension  Backward 30 degrees  Backward 20 - 29 degrees  Backward 10 - 19 deg								Yes		No				
Parachute or Propping Reflexes    Protective movements of the limbs in the direction of the displacing force. It occurs in response to loss of balance.    Range of Motion		Palmer Grasp	'		se strongly	Commer	its:							
Propping Reflexes   displacing force. It occurs in response to loss of balance.   Range of Motion   N/A - Not Assessed   0 - Student does not demonstrate more than 1 degree of motion		Describe to a co	,			A J.PC								
Range of Motion  N/A – Not Assessed  O – Student does not demonstrate more than 1 degree of motion  Full Range Body Movement  Shoulder Extension Backward 20 – 29 degrees Backward 20 – 29 degrees Backward 10 – 19 degrees Backward 1 – 9 degrees Backward 1 – 44 degrees Upward 180 degrees Upward 19 – 179 degrees Upward 45 – 90 degrees Body Movement Backward 20 – 29 degrees Backward 20 – 29 degrees Backward 20 – 29 degrees Backward 10 – 19 degrees Upward 1 – 144 degrees Upward 1 – 144 degrees Upward 1 – 144 degrees Body Movement Backward 20 – 29 degrees Backward 20 – 29 degrees Backward 20 – 29 degrees Backward 10 – 19 degrees Upward 45 – 90 degrees Rotation of 31 – 59 degrees Rotation of 60 – 89 degrees Body Movement Backward 20 – 29 degrees Backward 20 – 29 degrees Backward 1 – 9 degrees Backward 10 – 19 degrees Backward 10						Additiona	al information:							
Body Movement   Full Range   Moderate Range   Moderate Range   Limited to No Range   Side   Side   Side   Side   Side   Side   Shoulder Extension   Backward 30 degrees   Backward 20 – 29 degrees   Backward 10 – 19 degrees   Backward 1 – 9 degrees   Extension to 90 degrees   Extension to 90 degrees   Flexion to 90 degrees   Backward 1 – 9 degrees   Backward 1 – 9 degrees   Extension to 90 degrees   Extension from 120 to 90 degrees   Extension to 90 degrees   Backward 1 – 9 degrees   Extension from 90 to 120 degrees   Extension to 90 degrees   Backward 1 – 9 degrees   Extension from 90 to 120 degrees   Extension to 90 degrees   Backward 1 – 9 degrees   Extension from 90 to 120 degrees   Extension from 180 to 91 degrees   Extension from 180 to 91 degrees   Extension from 90 to 120 degrees   Extension from 180 to 91 degrees   Extension from 180 to 91 degrees   Extension from 90 to 120 degrees   Extension from 90 to 120 degrees   Extension from 180 to 91 degrees   Extension from 90 to 120 degrees   Extension from 90 to 120 degrees   Extension from 180 to 91 degrees   Extension from 90 to 120 degrees   Extension from 90 to 120 degre		Propping Reliexes	displacing force. It occurs in	response to loss of		4:								
Full Range   Moderate Range   Minimal Range   Limited to No Range   Right   Side   Side			N/A — Not Assessed		Range of Ivid		Student does not d	amonetrato	more than	1 degree of motion	•			
Body Movement Shoulder Extension Backward 30 degrees Backward 20 – 29 degrees Backward 10 – 19 degrees Backward 10 – 19 degrees Backward 1 – 9 degrees Upward 45 – 90 degrees Upward 1 – 44 degrees Shoulder External Rotation Rotation of 90 degrees Rotation of 60 – 89 degrees Rotation of 31 – 59 degrees Rotation of 31 – 59 degrees Rotation of 1 – 30 degrees Elbow Extension Extension to 180 degrees Extension of 121 – 179 degrees Elbow Flexion Flexion between 10 and 39 degrees Flexion between 40 and 89 degrees Flexion to 90 degrees Flexion from 180 to 91 degrees  Knee Extension Extension from 90 to 180 Extension from 121 to 179 degrees Extension from 90 to 120 degrees Flexion to 90 degrees Flexion to 90 degrees Extension to 90 degrees Flexion to 90 degrees Extension to 90 degrees  Flexion from 180 to 91 degrees  Extension to 90 degrees  Function to 90 degrees Extension to 90 degrees Flexion from 180 to 91 degrees  Extension to 90 degrees  Flexion from 180 to 91 degrees  Extension to 90 degrees  Flexion from 180 to 91 degrees  Extension to 90 degrees  Extension				Moders	ata Panga	0-		emonsuate						
Shoulder Extension Backward 30 degrees Backward 20 – 29 degrees Backward 10 – 19 degrees Backward 1 – 9 degrees Shoulder Flexion Upward 180 degrees Upward 91 – 179 degrees Upward 45 – 90 degrees Upward 1 – 44 degrees Shoulder External Rotation Rotation of 90 degrees Rotation of 60 – 89 degrees Rotation of 31 – 59 degrees Rotation of 1 – 30 degrees Extension to 180 degrees Extension to 180 degrees Extension of 121 – 179 degrees Extension of 90 to 120 degrees Extension to 90 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Knee Extension Extension from 90 to 180 Extension from 121 to 179 degrees Extension from 90 to 120 degrees Extension to 90 degrees Extension to 90 degrees Flexion from 90 to 120 degrees Extension to 90 degrees	Ro	dy Moyement	ruli Kaliye	Modera	ale Range		2 1			1 No Kange	_			
Shoulder Flexion Upward 180 degrees Upward 91 – 179 degrees Upward 45 – 90 degrees Upward 1 – 44 degrees Shoulder External Rotation Rotation of 90 degrees Rotation of 60 – 89 degrees Rotation of 31 – 59 degrees Rotation of 1 – 30 degrees Extension to 180 degrees Extension of 121 – 179 degrees Extension of 90 to 120 degrees Extension to 90 degrees Extension to 90 degrees Extension to 90 degrees Extension from 180 to 91 degrees Rotation of 121 – 179 degrees Extension to 90 degrees Extension from 180 to 91 degrees Rotation of 120 degrees Extension from 180 to 91 degrees Rotation of 121 – 179 degrees Extension to 90 degrees Rotation of 90 to 120 degrees Extension from 180 to 91 degrees Rotation of 90 to 120 degrees Extension from 90 to 120 degrees Extension to 90 degrees Rotation of 1 – 30 degrees Extension from 121 to 179 degrees Extension from 90 to 120 degrees Extension to 90 degrees Rotation of 90 degrees Extension from 90 to 120 degrees Extension to 90 degrees Rotation of 1 – 30 degrees Extension from 90 to 120 degrees Extension from 90 to 120 degrees Extension to 90 degrees Rotation of 1 – 30 degrees Extension from 90 to 120 degrees Extension from 90 to 120 degrees Extension to 90 degrees Extension from 90 to 120 degrees Extension to 90 degrees Extension from 90 to 120 degrees Extension from 90		<u> </u>	Rackward 30 degrees	Backward 2	0 – 29 degrees	Backward 10 – 19 degrees		29	Backward 1 – 9 degrees		Oluc	Olac		
Shoulder External Rotation Rotation of 90 degrees Rotation of 60 – 89 degrees Rotation of 31 – 59 degrees Rotation of 1 – 30 degrees Elbow Extension to 180 degrees Extension to 180 degrees Extension of 121 – 179 degrees Extension of 90 to 120 degrees Extension to 90 degrees Elbow Flexion between 10 and 39 degrees Rotation of 121 – 179 degrees Extension of 90 to 120 degrees Flexion from 180 to 91 degrees Rotation of 1 – 30 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Rotation of 1 – 30 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Rotation of 1 – 30 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Rotation of 1 – 30 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Rotation of 1 – 30 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Rotation of 10 – 30 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Rotation of 1 – 30 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Rotation of 1 – 30 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Rotation of 1 – 30 degrees Extension to 90 degrees Flexion from 180 to 91 degrees Rotation of 1 – 30 degrees Extension to 90 degrees Rotation of 1 – 30 degrees Rotation of 90 to 120 degrees Rotation of 1 – 30 degrees Rotation of 10 – 30 degrees Rotation of 1 – 30 degrees Rotation of 10 – 30 degree			•		, ,									
Elbow Extension   Extension to 180 degrees   Extension of 121 – 179 degrees   Extension of 90 to 120 degrees   Extension to 90 degrees    Elbow Flexion   Flexion between 10 and 39 degrees   39 degrees   Sextension from 180 to 91 degrees    Knee Extension   Extension from 90 to 180 degrees   Extension from 121 to 179 degrees   Extension from 90 to 120 degrees    Extension from 90 to 120 degrees   Extension to 90 degrees    Extension from 90 to 120 degrees   Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension from 90 to 120 degrees    Extension to 90 degrees    Extension to 90 degrees    Extension from 180 to 91    Degrees    Extension from 90 to 120 degrees    Extension to 90 degrees    Extension from 180 to 91    Degrees    Extension from 90 to 120 degrees    Extension from 180 to 91    Degrees    Extension from 180 to 91    Extension from 90 to 120 degrees				•	-				•					
Elbow Flexion Flexion between 10 and 39 degrees									<u> </u>					
Solution						•		9						
Knee Extension	_	10011		r ioxion bothoon	10 and 00 dog.000	•	Toxion to ou dog. out							
Head Control + Demonstrated - Not Demonstrated + Demonstrated - Demonstrated - Right Wrist Rotation   Extends wrist upward   Flexes wrist downward   Rotate wrist in circular motion	Kr	ee Extension	ū	Extension from 12	21 to 179 degrees	Extension	from 90 to 120 degre	es E		•				
+ Demonstrated - Not Demonstrated  Comments:  + Demonstrated  Right Wrist Rotation  Extends wrist upward  Flexes wrist downward  Rotate wrist in circular motion								-		g				
+ Demonstrated - Not Demonstrated  Comments:  + Demonstrated  Right Wrist Rotation  Extends wrist upward  Flexes wrist downward  Rotate wrist in circular motion	H	lead Control	Turns head to either side w	ith control Turn	ns head to right side w	rith control	Turns head to left s	side with cont	rol Holds	s head up when in a	sitting p	osition		
Comments:  + Demonstrated Right Wrist Rotation Extends wrist upward Flexes wrist downward Rotate wrist in circular motion	+				<u> </u>						3 1			
+ Demonstrated Right Wrist Rotation Extends wrist upward Flexes wrist downward Rotate wrist in circular motion	=	Not Demonstrated												
· · · · · · · · · · · · · · · · · · ·	Commer	its:	I						1					
· · · · · · · · · · · · · · · · · · ·														
- Not Demonstrated Left Wrist Rotation Extends wrist upward Flexes wrist downward Rotate wrist in circular motion				1	Extends wrist upwar	rd	Flexes wrist down	ward	Rotat	te wrist in circular m	otion			
		<ul> <li>Not Demonstrate</li> </ul>	ed Left Wrist Rotation		Extends wrist upwar	rd	Flexes wrist down	ward	Rotat	te wrist in circular m	otion			

Test Dat	e:				Physical Education St	andards Based Asses	ssment Tool		Classroom Engageme
Student	's Name:_				Age	Date of Birth:	Examiner's Na	ıme:	
						Key Score			
Code +		Performanc Demonstrate		Code <u>+</u>	Performance Emerging	Code	Performance Not Demonstrated	Code N/A	Performance Not Assessed
Independent	Visual and Verbal Prompt	Partial Physical Assistance	Full Physical Assistance	Refusal or Skill Not Applicable		Com	ponents of Following Directions	i	
					Displays attentive behavi	iors through actively demo	onstrating correct tasks		
					Attentively listens while in	nstructions are given			
					Stays on task for pre-des	signated period of time (ma	aximum of 5 minutes) for one comp	onent of the less	on
					Stays on task for pre-des	signated period of time (ma	aximum of 5 minutes per compone	nt) for two compo	nents of the lesson
					Stays on task throughout	the entire lesson			
					Follows the daily structur	red routines of the class			
					Follows one-step direction	n			
					Follows two-step directio	n			
Independent	Visual and Verbal Prompt	Partial Physical Assistance	Full Physical Assistance	Refusal or Skill Not Applicable		Co	omponents of Problem-Solving		

Problem solves to maneuver body through a challenging situation or task

Solves an intrinsic problem (i.e. approaches person for a piece of equipment)

Displays cause and effect strategies

equipment

Displays search and retrieve strategies

Solves an intrinsic problem with a positive strategy (i.e. waits patiently even when unmotivated in order to gain a turn or piece of

Student's Name:	Test	Date	<b>.</b>		Physica	al Education Star	ndards Based Assessr	nent Tool		Rudimentary	Skills
Level   Performance   Level   Performance	Stuc	dent's	Name:			Age	Date of Birth:	Prefe	erred Hand:	Preferred Foo	ot:
Level   Performance   Level   Performance   Level   Performance   Level   Performance   Level   Performance   Level   Performance   Performance   Level   Performance	Exar	miner	s Name:			Title:		Specifi	c Assistive Device:		
Partial Physical Assistance   Skill Not Applicable   2   Partial Physical Assistance   4   Independent							Key Score				
Scoring for Level of Independence (Six Criteria of Components)   Independent	Le	vel			Le						
Scoring for Level of Independence (Six Criteria of Components)   4	(	)						4	İr	ndependent	
Independent   The student completes 4 or more of the essential components demonstrating a combined rubric score between 14 and 24 with an average of 3.5 to 4.	1	1	Full Phy	sical Assistance		3 Visu	ial and Verbal Prompt				
Independent   The student completes 4 or more of the essential components demonstrating a combined rubric score between 14 and 24 with an average of 3.5 to 4.					Scor	ing for Level of Ind	enendence (Six Criteria	of Components)			
The student completes 4 or more of the essential components demonstrating a combined rubric score between 10 and 20 with an average of 2.5 to 3.4.  Partially Dependent The student completes 4 or more of the essential components demonstrating a combined rubric score between 6 and 14 with an average of 1.5 to 2.4.  The student completes 4 or more of the essential components demonstrating a combined rubric score between 6 and 14 with an average of 1.5 to 2.4.  The student completes 4 or more of the essential components demonstrating a combined rubric score between 4 and 8 with an average of 1 to 1.4.  Not Complete  A or more of the essential components were not assessed  Criteria Components  Rudimentary Skill Scoring  Number of Criteria Components  Expected to maintain the neutral position during daily activity  Naspe Standard  Naspe Standard  Naspe Standard  Naspe Standard  Naspe Standard  Naspe Standard  Demonstrates control of the head to maintain the neutral position during daily activity  Naspe Standard  Naspe Standard  Demonstrates controlled reach of the leash of the arm(s)  Demonstrates bilateral reaching towards a specific object  Namer of Criteria Components  Rudimentary Skill Scoring  Number of Criteria Components  Rudimentary Skill Scoring  Number of Criteria Components  Skill Naspe Standard  Demonstrates bilateral reaching towards a specific object  Total Key Score  Demonstrates controlled reach of the arm(s)  Demonstrates bilateral reaching towards a specific object  Total Key Score  Average  Level of Total Key Score  Level of Total Key Score	1		Independent	The student comp			•	• • • • • • • • • • • • • • • • • • • •	on 14 and 24 with an aver	age of 3.5 to 1	
The student completes 4 or more of the essential components demonstrating a combined rubric score between 6 and 14 with an average of 1.5 to 2.4.  The student completes 4 or more of the essential components demonstrating a combined rubric score between 4 and 8 with an average of 1 to 1.4.  N/C Not Complete  Skill NASPE Standard  Demonstrates turning head to one side  Every Score  Key Score  The student completes 4 or more of the essential components were not assessed  Criteria Components  Rudimentary Skill  Scoring  Demonstrates turning head to one side  Every Score  Criteria Components  Rudimentary Skill  Demonstrates control of the head to maintain control of the head during change in body position  Demonstrates control of the head to maintain control of the head to maintain the neutral position during daily activity  NASPE Standard  Reaching  NASPE Standard  Criteria Components  Rudimentary Skill  Scoring  Total Key Score  Level of Independence  Criteria Components  Rudimentary Skill  Scoring  Demonstrates control of the head through neck fighting after change in body position  Demonstrates control of the head through neck fighting after change in body position during daily activity  Demonstrates control of the head through neck fighting after change in body position during daily activity  Demonstrates control of the head through neck fighting after change in body position during daily activity  Demonstrates control of the head through neck fighting after change in body position during daily activity  Demonstrates control of the head through neck fighting after change in body position during daily activity  Demonstrates control of the head through neck fighting after change in body position during daily activity  Demonstrates control of the head through neck fighting after change in body position during daily activity  Demonstrates control of the head through neck fighting after change in body position during daily activity  Demonstrates control of the head through neck fighting after change in body position		Fme									
The student completes 4 or more of the essential components demonstrating a combined rubric score between 4 and 8 with an average of 1 to 1.4.   Not Complete   A or more of the essential components were not assessed			<del> </del>								
Not Complete   4 or more of the essential components were not assessed			, ,								
Skill   NASPE   Standard   Demonstrates   Demonstrates   turning head to one side   Standard   Demonstrates   turning head to either side   ontrol of the head during change in body position   body position   Demonstrates control of the head through neck righting after change in body position   of the head through neck righting after change in body position   Demonstrates control of the head through neck righting after change in body position   Demonstrates control of the head through neck righting after change in body position   Demonstrates in body position   Demonstrates control of the head through neck righting after change in body position   Demonstrates control of the head through neck righting after change in body position   Demonstrates change in body position   Demonstrates change in body position   Demonstrates   Demonstrat			<u> </u>								
Head Control   1											
Head Control 1 Demonstrates turning head to one side	SI	kill				Criteria	Components	Rudin	nentary Skill	Scoring	
Total Key Score    Total Key Score   Total Key S			Standard		_		·	-			
Skill   NASPE   Standard   Standard   Standard   Name   Standard   Standard   Name   Standard   Name   Standard   Standard   Name   Standard			,								
NASPE   Standard   Name   Na	Cor	ntroi	1	•						•	
Key Score				Side					change in body	Total Key Score	
Skill NASPE Standard  Reaching 1 Demonstrates controlled reach of the arm(s) Demonstrates reaching the arm(s) Criteria Components Demonstrates reaching upwards reaching towards a specific object Demonstrates unilateral reaching towards a specific object Demonstrates reaching across midline towards a specific object Completed Total Key Score  Key Score Level of								activity	postuori	Average	
Skill NASPE Standard  Reaching 1 Demonstrates controlled reach of the arm(s) Eaching Key Score			Key Score							Level of	
Reaching  1 Demonstrates controlled reach of the arm(s)  Key Score  Demonstrates Demonstrates reaching upwards a specific object object  Key Score  Level of			·							Independence	
Reaching  1 Demonstrates controlled reach of the arm(s)  Key Score  Demonstrates Demonstrates reaching upwards a specific object object  Key Score  Level of											
1 controlled reach of the arm(s) bilateral reaching reaching reaching towards a specific object unilateral reaching towards a specific object object  Key Score  Completed Total Key Score  Level of	SI	kill				Criteria	Components	Rudin	nentary Skill	Scoring	
the arm(s) reaching towards a specific object towards a specific object Total Key Score  Average Level of	Rea	ching									
Key Score Level of			1			reaching upwards	towards a specific object			Completed	
Key Score Level of				the arm(s)	reaching			•	a specific object	Total Key Score	
independence			Key Score							Level of Independence	

Skill	NASPE Standards			Criteria	Components	Rudi	mentary Skill	Scoring	
Grasp and Release	1, 2	Demonstrates grasping object placed in hand	Demonstrates grasping object from a nearby	Demonstrates releasing an object in hand	Demonstrates releasing an object on command	Demonstrates releasing an object towards specific target	Demonstrates holding an object for a designated time Time Designated	Number of Criteria Completed Total Key Score	
			location				Time Performed	Average	
	Key Score						71-11-11-11-11-11-11-11-11-11-11-11-11-1	Level of Independence	
Skill	NASPE Standard			Criteria	a Components	Rudi	mentary Skill	Scoring	
Sitting	1	Demonstrates sitting upright using hands to balance	Demonstrates sitting upright on floor	Demonstrates sitting upright in a chair with arm	Demonstrates sitting upright on a raised surface without arm	Demonstrates righting response in sitting position	Demonstrates sitting upright for designated time	Number of Criteria Completed	
		to parance		rests	rests	sitting position	Time Designated	Total Key Score	
							Time Performed	Average	
	Key Score						VIII (III (III (III (III (III (III (III	Level of Independence	
Skill	NASPE Standard			Criteria	a Components	Rudi	mentary Skill	Scoring	
Squatting	1	Demonstrates bending legs at knees less than 90 degrees	Demonstrates bending legs at knees, ending in a sitting position on the floor	Demonstrates bending legs at knees more than 90 degrees with feet maintaining contact with ground "Squat"	Demonstrates smooth transition from standing to squatting and return to standing position	Demonstrates understanding for squatting on command of "Down"	Demonstrates understanding for returning to standing position on command of "Up"	Number of Criteria Completed Total Key Score Average	
	Key Score			ground oquat				Level of Independence	
Skill	NASPE Standards			Criteria	a Components	Rudi	mentary Skill	Scoring	
Push/Pull	1,2	Demonstrates pushing an object	Demonstrates pulling an object	Demonstrates pushing an object for a purpose	Demonstrates pulling an object for a purpose	Demonstrates pushing an object towards a specific target	Demonstrates continuous pulling of an object	Number of Criteria Completed Total Key Score	
						, in the second second		Average	
	Key Score							Level of Independence	

Skill	NASPE Standard			Criteria	Components	Rudin	nentary Skill	Scoring
Range of Motion of the Right Side	1	Demonstrates flexion and extension of arm at elbow	Demonstrates shoulder rotation of 90 degrees	Demonstrates shoulder rotation of 180 degrees to raise arm above head	Demonstrates flexion and extension of leg at knee	Demonstrates hip rotation to swing leg forward	Demonstrates hip rotation to swing leg back	Number of Criteria Completed Total Key Score Average
-	Key Score							Level of
	-							Independence
	*DISCLAIN	<u>IER</u> : PHYSICAL PRO	MPTS ARE NO	TO EXERT THE ST	TUDENT BEYOND HIS/HI	ER PHYSICAL CAPAB	BILITY. ONLY GUIDE TH	IE STUDENT*
Skill	NASPE Standard			Criteria	Components	Rudin	nentary Skill	Scoring
Range of Motion of	1	Demonstrates flexion and	Demonstrates shoulder rotation of 90	Demonstrates shoulder rotation of 180 degrees to	Demonstrates flexion and extension of leg at	Demonstrates hip rotation to swing leg	Demonstrates hip rotation to swing leg back	Number of Criteria Completed
the Left Side		extension of arm at elbow	degrees	raise arm above head	knee	forward	Dack	Total Key Score
								Average
	Key Score							Level of Independence
	*DISCLAIN	<u>IER</u> : PHYSICAL PRO	MPTS ARE NO	TO EXERT THE ST	TUDENT BEYOND HIS/H	ER PHYSICAL CAPAB	BILITY. ONLY GUIDE TH	IE STUDENT*
Skill	NASPE Standards			Criteria	Components	Rudin	nentary Skill	Scoring
Weight Shift	1,2	Demonstrates rocking side to side	Demonstrates stepping over	Demonstrates using a stable	Demonstrates stepping up onto an elevated	Demonstrates using a stable support while	Demonstrates stepping down from an elevated	Number of Criteria Completed
			an object with low height elevation	support while stepping up onto	surface	stepping down from an elevated surface	surface	Total Key Score
				i an elevated i		an elevateu sunace		
			above floor level	an elevated surface		an elevated surface		Average
	Key Score		above floor			an elevated surface		Average  Level of Independence
	Key Score		above floor		Key Score	an elevated surface		Level of
Level	-	erformance	above floor level		Key Score Performance	Level	P	Level of
Level 0	Pe Refusal or	Skill Not Applicable	above floor level	surface  evel  2 Partic	Performance al Physical Assistance			Level of Independence
	Pe Refusal or		above floor level	surface  svel 2 Partia 3 Visu	Performance al Physical Assistance ual and Verbal Prompt	Level 4		Level of Independence
0 1	Po Refusal or Full Phy	Skill Not Applicable vsical Assistance	above floor level	surface  svel 2 Partia 3 Visu ng for Level of Inde	Performance al Physical Assistance ual and Verbal Prompt pendence (Five Criteria	Level 4 of Components)	<u> </u>	Level of Independence  Performance Independent
4	Refusal or Full Phy	Skill Not Applicable vsical Assistance  The student comp	above floor level  Le  Scori letes 3 or more of	surface  Partia Partia Visu  Ing for Level of Inde  of the essential compon	Performance al Physical Assistance ual and Verbal Prompt pendence (Five Criteria ments demonstrating a comb	Level 4 of Components) bined rubric score between	en 11 and 20 with an aver	Level of Independence  Performance Independent  rage of 3.5 to 4.
0 1 3 Emer	Refusal or Full Phy Independent ging Independence	Skill Not Applicable visical Assistance  The student compee The student comp	above floor level  Scorioletes 3 or more of eletes 3 or more of el	surface  Povel 2 Partia 3 Visu ng for Level of Inde f the essential compon f the essential compon	Performance al Physical Assistance ual and Verbal Prompt pendence (Five Criteria nents demonstrating a comb nents demonstrating a comb	Level 4  of Components)  bined rubric score between the content of	en 11 and 20 with an aver en 8 and 17 with an avera	Level of Independence  Performance Independent  rage of 3.5 to 4.  age of 2.5 to 3.4.
1 4 3 Emerg	Refusal or Full Phy	Skill Not Applicable vsical Assistance  The student compee The student component to student component component to student component to student component compone	above floor level  Scori  Scori  letes 3 or more of	surface  Partia Partia Visu ng for Level of Inde the essential compon the essential compon the essential compon	Performance al Physical Assistance ual and Verbal Prompt pendence (Five Criteria ments demonstrating a comb	of Components) Dined rubric score between Dined rubric score Dined rub	en 11 and 20 with an avera en 8 and 17 with an avera en 5 and 12 with an avera	Level of Independence  Performance Independent  rage of 3.5 to 4. Inge of 2.5 to 3.4. Inge of 1.5 to 2.4.

Skill	NASPE Standard			Criteria Compo	nents	Rudimentary Skill	Scoring
Rolling Body	1	Demonstrates rocking body side to	Demonstrates rolling body onto side	Demonstrates rolling body onto stomach	Demonstrates rolling body onto back	Demonstrates complete log roll from back to stomach to back (or vice versa)	Number of Criteria Completed
		side				vice versa)	Total Key Score
							Average
	Key Score						Level of Independence
01.11	NAODE	Τ					0
Skill	NASPE Standard			Criteria Compo	nents	Rudimentary Skill	Scoring
Basic Locomotor	1	Demonstrates travel on stomach	Demonstrates scooting in a laying	Demonstrates scooting in the sitting position	Demonstrates creeping (alternating unilateral	Demonstrates crawling (bilateral movements with opposition on	Number of Criteria Completed
Travel		primarily using arms to pull forward	position	-	movements on hands and knees)	hands and knees)	Total Key Score
					,		Average
	Key Score						Level of Independence
							•
Skill	NASPE Standard			Criteria Compo	nents	Rudimentary Skill	Scoring
Standing	1	Demonstrates maintaining standing holding	Demonstrates righting response to maintain standing balance with	Demonstrates maintaining standing with a narrow base of	Demonstrates maintaining standing for a designated time with a wide base of support	Demonstrates maintaining standing for a designated time with a narrow base of support	Number of Criteria Completed
		onto a stable support	wide base of support	support	Time Designated	Time Designated	Total Key Score
					Time Performed	Time Performed	Average
	Key Score						Level of Independence
Skill	NASPE			Cuitaria Campa	u a n f a	Dudimonton, Chill	Scoring
OKIII	Standards			Criteria Compo	nents	Rudimentary Skill	Scoring
Visual Perception	1, 2	Demonstrates eye gaze towards one	Demonstrates visually tracking object slowly	Demonstrates visually tracking object slowly	Demonstrates visually tracking an object slowly moving	Demonstrates visually tracking an object and moves to receive	Number of Criteria Completed
		of multiple objects to show preference	moving horizontally from one side to the	moving vertically from chest level to above	towards him/her	object	Total Key Score
			other	head			Average
	Key Score						Level of Independence

6

# **Summary of Rudimentary Skills**

Test Date:	Rudimentary Skill				
Student's Name:		Age	Date of Birth:	Preferred Han	d: Preferred Foot:
Examiner's Name:		Title:		Specific Assistive	e Device:
Skill	Level	of Independe	nce Sk	ill	Level of Independence
Head Control			Range of Motion of	f Left Side	
Reaching			Weight Shift		
Grasp and Release			Rolling Body		
Sitting			Basic Locomotor 7	Travel	
Squatting			Standing		
Push/Pull			Visual Perception		
Range of Motion of Rig	ht Side				
Average \$	Score Level of Indepe	endence for Rud	imentary Skills		
	4		Independent		
	3	E	merging Independence		
	2		Partially Dependent		
	1		Fully Dependent		
	N/C	;	Not Complete		
		Circle Lev	vel of Independence		
Independent	Emerging Indepe	endence P	artially Dependent	Fully Depende	ent Not Complete
Comments:					

Test Dat	e:		Physical	l Education Stand	dards Based Assessr	ment Tool		Fundamental Skills
Student	s Name:			AgeI	Date of Birth:	Pre	ferred Hand:	Preferred Foot:
Examine	r's Name:		<u></u>	Title:		Speci	fic Assistive Device:	
					Key Score			
Level	Pe	erformance	Lev		Performance	Level	Perfo	rmance
0		Skill Not Applicable	2		l Physical Assistance	4		endent
1		sical Assistance	3		al and Verbal Prompt	•	maop	ondone
					•			
			Scoring	n for Level of Inden	endence (Six Criteria o	f Components)		
4	Independent	The student comple		<del>-</del>	•		een 14 and 24 with an average	of 3.5 to 4
-	erging Independenc						een 10 and 20 with an average	
	Partially Dependent	·					een 6 and 14 with an average	
1	Fully Dependent						een 4 and 8 with an average o	
N/C	Not Complete				ents demonstrating a comi	Diffed Fublic Score betwe	een 4 and 6 with an average 0	1 1 10 1.4.
N/C	Not Complete	4 of filore of the es	sential component	s were not assessed				
Skill	NASPE			Critoria	Components	Fun	damental Skill	Scoring
J.	Standard			Onteria	Components	i un	damentai 3kiii	Coorning
Walking		Demonstrates	Demonstrates	Demonstrates	Demonstrates walking	Demonstrates	Demonstrates changing	Number of Criteria
J	1	walking with a wide	walking with a	walking across	across surfaces with	changing directions	speeds smoothly while	Completed
		base of support	narrow base of	changing surfaces	different elevations	smoothly while	walking	Total Key Score
		across a flat surface	support across a flat surface			walking		
			a nat sanace					Average
	Key Score							Level of
								Independence
01 111	NAODE	T						
Skill	NASPE			Criteria	Components	Fun	damental Skill	Scoring
Running	Standard	Demonstrates speed	Demonstrates	Demonstrates a	Demonstrates	Demonstrates safely	Demonstrates running for a	Number of Criteria
Ruilling	1	walking as a pre-	a wide base of	narrow base of	avoiding obstacles and	and smoothly	pre-designated time period	Completed
	·	requisite to running	support while	support while	people while running	changing directions	and/or distance	Oompicted
		requisite to running	running	running	people write rurning	while running	Designated time	Total Key Score
							or distance	
							Performed time or distance	Average
	Key Score							Level of
	ney ocore							Independence
		l	*Full Phy	vsical Promots sho	uld not be used for the	Running Rubric*	l	independence

Skill	NASPE Standard			Criteria	Components	Funda	mental Skill	Scoring
Hopping	1	Demonstrates maintaining balance on preferred foot for 2 seconds or more	Demonstrates hopping in place on preferred foot one time	Demonstrates maintaining balance on non- preferred foot for 2 seconds or more	Demonstrates hopping in place on non-preferred foot one time	Demonstrates hopping in place multiple times on either foot	Demonstrates hopping forward for a minimum of 3 times on either foot	Number of Criteria Completed Total Key Score Average
	Key Score							Level of Independence
Skill	NASPE Standards			Criteria	Components	Funda	mental Skill	Scoring
Bouncing a Ball	1, 2	Demonstrates dropping ball out of	Demonstrates hurling a ball towards the	Demonstrates bouncing a ball downward in close	Demonstrates bouncing a ball downward and	Demonstrates bouncing a ball forward to a target or	Demonstrates bouncing a ball with control more than 2 consecutive	Number of Criteria Completed
		hands on cue	ground	proximity to feet	attempts to strike or catch it	individual	times	Total Key Score
								Average
	Key Score							Level of Independence
Skill	NASPE Standards			Criteria	Components	Funda	mental Skill	Scoring
Kicking a Ball	1, 2	Demonstrates extension of the leg	Demonstrates contacting a stationary ball	Demonstrates intentional contact with a stationary	Demonstrates swinging the leg back to front to	Demonstrates kicking a ball with specific	Demonstrates kicking a ball towards a target	Number of Criteria Completed
			with the foot	ball using the foot	strike a ball with the foot	direction		Total Key Score
								Average
	Key Score							Level of Independence
Skill	NASPE			Criteria	Components	Funda	mental Skill	Scoring
	Standards							
Striking with a	Standards 1, 2	Demonstrates striking a stationary	Demonstrates a strong grasp	Demonstrates swinging a short	Demonstrates striking a stationary object with a	Demonstrates striking a stationary object	Demonstrates using a horizontal arm swing	Number of Criteria Completed
		striking a stationary object with hand using a swinging arm	a strong grasp of a short striking			a stationary object with a short handled implement towards a	horizontal arm swing while striking object with a short handled	
with a Short		striking a stationary object with hand	a strong grasp of a short	swinging a short handled implement	stationary object with a	a stationary object with a short handled	horizontal arm swing while striking object	Completed
with a Short		striking a stationary object with hand using a swinging arm	a strong grasp of a short striking	swinging a short handled implement	stationary object with a	a stationary object with a short handled implement towards a	horizontal arm swing while striking object with a short handled	Completed Total Key Score

Skill	NASPE Standards	Criteria Components Fundamental Skill		Components	Funda	amental Skill	Scoring	
Catching	1, 2	Demonstrates visually tracking object towards body	Demonstrates hands ready to receive object	Demonstrates extension of arms and hands	Demonstrates arm motion to receive object from a toss	Demonstrates catching a tossed object using arms and body from a designated distance	Demonstrates catching a bounced object using arms and body from a designated distance	Number of Criteria Completed
						Designated distance	Designated distance	Total Key Score
						Performed distance	Performed distance	Average
	Key Score							Level of Independence
Skill	NASPE Standards		Criteria Components Fundamental Skill			Scoring		
Spatial Awareness	1, 2	Visually attends to the environment	Demonstrates keeping body to	Demonstrates keeping body to	Demonstrates intentionally	Demonstrates keeping body to self while quickly	Demonstrates maintaining personal	Number of Criteria Completed
			self in a stationary position near peers and	self while slowly moving through space near peers	avoiding peers' personal space by changing direction	moving through space near peers and equipment	space when provided the designated activity location	Total Key Score
			equipment	and equipment	onenging an exact	3404		Average
	Key Score							Level of Independence
Skill	NASPE Standards			Criteria Compon	ents	Fundamenta	Scoring	
Motorized Wheelchair		Maintains a body posture in	Engages with the wheelchair	Engages the wheelchair in a	Engages the wheelchair to	Engages the wheelchair in a	Engages the wheelchair to	Number of Criteria Completed
Mobility		place to engage with the wheelchair	controls to move the chair forward for a	forward direction for over 100 feet	change direction and maneuver through open	crowded space, moving around obstacles and	successfully engage in a physical activity.	Total Key Score Average
Check if Used		controls (i.e.: head or hand).	few feet at a time.	without hesitation.	space.	people.	activity.	Level of Independence
Manual Wheelchair Mobility		Activates the breaks (on/off)	Propels the wheelchair forward for a few feet at a time.	Propels the wheelchair forward for over 100 feet without hesitation.	Propels the wheelchair to change direction and maneuver through open space.	Propels the wheelchair in a crowded space, moving around obstacles and people.	Propels the wheelchair to successfully engage in physical activity.	Wheelchair Specific Notes:
Check if Used	Key Score							

	Key Score									
Level	Performance	Level	Performance	Level	Performance					
0	Refusal or Skill Not Applicable	2	Partial Physical Assistance	4	Independent					
1	Full Physical Assistance	3	Visual and Verbal Prompt							

	Scoring for Level of Independence (Five Criteria of Components)							
4	Independent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 11 and 20 with an average of 3.5 to 4.						
3	Emerging Independence	The student completes 3 or more of the essential components demonstrating a combined rubric score between 8 and 17 with an average of 2.5 to 3.4.						
2	Partially Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 5 and 12 with an average of 1.5 to 2.4.						
1	Fully Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 3 and 7 with an average of 1 to 1.4.						
N/C	Not Complete	3 or more of the essential components were not assessed						

Skill	NASPE Standard		Crit	eria Components	Criteria Components Fundan			
Standing	1	Demonstrates maintainin standing for a designated ti	me maintaining standing	Demonstrates maintaining standing balance while	Demonstrates maintaining standing	Demonstrates maintaining standing	Number of Criteria Completed	
		Designated time	balance while performing non-locomotor movements	interacting with peers and/or objects	balance while manipulating objects	balance while moving	Total Key Score	
		Performed time					Average	
	Key Score						Level of Independence	
Skill	NASPE Standard	Criteria Components Fundamental Skill					Scoring	
Non- Locomotor	1	Demonstrates three non- locomotor movements	Demonstrates bending at the waist while in a standing	Demonstrates stretching arms above the head while	Demonstrates twisting side to side while in a	Demonstrates sequencing two non-	Number of Criteria Completed	
Movements	ı	from a sitting position	position	in a standing position	standing position	locomotor movements	Total Key Score	
							Average	
	Key Score						Level of Independence	
Skill	NASPE Standard		Crit	eria Components	Funda	mental Skill	Scoring	
Jumping	1	Demonstrates bending and extending the legs	Demonstrates jumping in place	Demonstrates jumping down from an elevated	Demonstrates jumping forward	Demonstrates jumping to complete a task	Number of Criteria Completed	
		lifting up onto toes		surface			Total Key Score	
			Consecutive jumps:	Elevated height of:	Distance of		Average	
	Key Score						Level of Independence	

Skill	NASPE Standards		Crit	teria Components	Funda	Scoring		
Rolling a Ball	1, 2	Demonstrates using one or two hands to push a ball along a flat surface	Demonstrates bending over and using one or two hands to push a ball forward on the floor	Demonstrates a grasp and release of the ball along the floor	Demonstrates back to front arm swing to release of the ball along the floor	Demonstrates rolling the ball towards a target	Number of Criteria Completed Total Key Score	
							Average	
	Key Score						Level of Independence	
OL:II	NASPE	Γ					Coordinate	
Skill	NASPE Standards		Crit	teria Components	Funda	mental Skill	Scoring	
Tossing a Ball	1, 2	Demonstrates intentional grasp and release of a ball	Demonstrates one handed grasp and release of a 2 – 4" ball in a forward motion	Demonstrates one handed grasp and release of a 5 –	Demonstrates back to front arm swing,	Demonstrates tossing a ball forward towards a designated target	Number of Criteria Completed	
		Dali	Dali III a lorward filotion	8" ball in a forward motion	releasing the ball in a forward direction	designated target	Total Key Score	
							Average	
	Key Score						Level of Independence	
Skill	NASPE		0		F	mental Skill	Scoring	
Skill	Standards		Crit	teria Components	Funda	Scoring		
Throwing	1, 2	Demonstrates intentional grasp and release of a	Demonstrates one handed grasp and release of a 2 – 4"	Demonstrates high to low arm or hand swing with	Demonstrates throwing a ball forward towards a	Demonstrates body rotation during throwing	Number of Criteria Completed	
		ball	ball in a forward motion	maximum personal range of motion, releasing the ball in	designated target	motion	Total Key Score	
				a forward direction			Average	
	Key Score						Level of Independence	
01.11	NAODE	Т					0	
Skill	NASPE Standards			teria Components		mental Skill	Scoring	
Striking with a Long	1, 2	Demonstrates striking a stationary object with hand using a swinging	Demonstrates a strong grasp of a long striking implement	Demonstrates swinging a long handled implement towards an object	Demonstrates striking a stationary object with a long handled implement	Demonstrates striking a stationary object with a long handled implement	Number of Criteria Completed	
Implement		arm motion		towards an object	long nanuled implement	towards a designated	Total Key Score	
						target	Average	
	Key Score						Level of Independence	

# **Summary of Fundamental Skills**

Test Date:	Physical Education	ation Standards Based Assessment Tool Fundamental S				
Student's Name:	Age	Date	of Birth:	Preferred	Hand:	Preferred Foot:
Examiner's Name:	Title:			Specific Assi	stive Device:	
Skill	Level of Indepe	endence	Ski	II	Level	f Independence
Walking			Standing			
Running			Non-Locomotor Mo	vements		
Hopping			Jumping			
Bouncing a Ball			Rolling a Ball			
Kicking a Ball			Tossing a Ball			
Striking with a Short Implement			Throwing			
Catching			Striking with a Long	g Implement		
Spatial Awareness					·	
Average Score Level of	f Independence for	· Fundame	ntal Skills			
	4	Independent				
	3	Emergi	ng Independence			
	2	Parti	ally Dependent			
	1	Ful	ly Dependent	y Dependent		
	N/C	N	ot Complete			
	Circl	e Level o	f Independence			
Independent Emerging	Independence	Partia	lly Dependent	Fully Deper	ndent	Not Complete
Comments:						

Test	Date:		Physical Education Standards Based Assessment Tool						Personal-Social	Skills
Stuc	dent's I	Name:			Age	Date of Birth:	Preferi	red Hand:	Preferred Foot:_	
Exar	miner's	Name:		<del>-</del>	Title:		Specific A	Assistive Device:		
						Key Score				
Le	vel	Per	formance	Leve	el	Performance	Level	Peri	ormance	
	)		kill Not Applicable	2		ial Physical Assistance	4		ependent	
1			ical Assistance	3	Vis	ual and Verbal Prompt	•			
				Scorin	g for Level of Ind	lependence (Six Criteria of	f Components)			
4		Independent	The student comple	tes 4 or more of th	ne essential compor	nents demonstrating a combir	ned rubric score between	14 and 24 with an average	of 3.5 to 4.	
3	Emerg	jing Independence	The student comple	tes 4 or more of th	ne essential compoi	nents demonstrating a combir	ned rubric score between	10 and 20 with an average	of 2.5 to 3.4.	
2	Part	tially Dependent	The student comple	tes 4 or more of th	ne essential compoi	nents demonstrating a combir	ned rubric score between	6 and 14 with an average	of 1.5 to 2.4.	
1	Fu	Illy Dependent	The student comple	tes 4 or more of th	ne essential compor	nents demonstrating a combir	ned rubric score between	4 and 8 with an average o	f 1 to 1.4.	
N/C	١	Not Complete	4 or more of the ess	ential components	s were not assesse	d				
S	kill	NASPE Standards			Criter	a Components	Person	al-Social Skill	Scoring	
	aling Stress	3, 5	Demonstrates tolerating various	Demonstrates tolerating	Demonstrates accepting change	Demonstrates accepting corrective feedback	Demonstrates a calming strategy or	Demonstrates a positive behavioral	Number of Criteria Completed	
	and asiness		positions and postures	I auditory I			method	change after strategy integrated	Total Key Score	
				tactile stimuli					Average	
		Key Score							Level of Independence	
				Scorin	g for Level of Ind	lependence (Five Criteria	of Components)			
4		Independent	The student comple	tes 3 or more of th	ne essential compoi	nents demonstrating a combir	ned rubric score between	11 and 20 with an average	e of 3.5 to 4.	
3	Emerg	jing Independence	The student comple	tes 3 or more of th	ne essential compoi	nents demonstrating a combir	ned rubric score between	8 and 17 with an average	of 2.5 to 3.4.	
2	Par	tially Dependent	The student comple	tes 3 or more of th	ne essential compoi	nents demonstrating a combir	ned rubric score between	5 and 12 with an average	of 1.5 to 2.4.	
1	Fu	Illy Dependent	The student comple	tes 3 or more of th	ne essential compoi	nents demonstrating a combir	ned rubric score between	3 and 7 with an average o	f 1 to 1.4.	
N/C	١	Not Complete	3 or more of the ess	ential components	s were not assesse	d				
S	kill	NASPE			Criteri	a Components	Persona	al-Social Skill	Scoring	
_		Standards	D			D ( ) (1) (1) (1)	D ( )	D 11 11	N 1 (0''	
	acial ression	4, 5	of facial expressions	n Demonstra	vements with	Demonstrates utilization of facial expressions to	and sad face on	for others showing an	Completed	
		, .	·		cial expressions	communicate	command	unhappy facial expression	Total Key Score	
									Average	
		Key Score							Level of Independence	

	Scoring for Level of Independence (Five Criteria of Components)							
4	Independent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 11 and 20 with an average of 3.5 to 4.						
3	Emerging Independence	The student completes 3 or more of the essential components demonstrating a combined rubric score between 8 and 17 with an average of 2.5 to 3.4.						
2	Partially Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 5 and 12 with an average of 1.5 to 2.4.						
1	Fully Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 3 and 7 with an average of 1 to 1.4.						
N/C	Not Complete	3 or more of the essential components were not assessed						

Skill	NASPE Standards		Crite	eria Components	Persona	al-Social Skill	Scoring	
Social Interaction during Physical Activity	4, 5	Demonstrates activity in solitary location	Demonstrates activity parallel to peers and/or adults	Demonstrates borrowing and lending equipment with peers without engaging the peers	Demonstrates acceptance to peers initiated social interaction during physical activity	Demonstrates cooperative social interaction with peers during activity	Number of Criteria Completed Total Key Score Average	
	Key Score						Level of Independence	
Skill	NASPE Criteria Components Personal-Social Skill Standards				Scoring			
Value for Physical Activity	3, 4, 5	Demonstrates smiles and laughs during physical activity	Demonstrates participation in personally motivating physical activity	Demonstrates self- initiation into physical activity	Demonstrates choosing physical activity over sedentary activity	Demonstrates initiating peers into physical activity	Number of Criteria Completed Total Key Score Average	
	Key Score						Level of Independence	
							aoponaoneo	
Skill	NASPE Standards		Crite	eria Components	Persona	al-Social Skill	Scoring	
Appropriate Behaviors	4, 5	Demonstrates appropriate use of hands and feet	Demonstrates appropriate use of equipment	Demonstrates acceptance of instruction and participates in the task appropriately	Given appropriate communication, demonstrates abiding by a one-step direction	Demonstrates transitioning appropriately before, during and after class	Number of Criteria Completed Total Key Score	
							Average	
	Key Score						Level of Independence	

	Scoring for Level of Independence (Five Criteria of Components)							
4	Independent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 11 and 20 with an average of 3.5 to 4.						
3	Emerging Independence	The student completes 3 or more of the essential components demonstrating a combined rubric score between 8 and 17 with an average of 2.5 to 3.4.						
2	Partially Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 5 and 12 with an average of 1.5 to 2.4.						
1	Fully Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 3 and 7 with an average of 1 to 1.4.						
N/C	Not Complete	3 or more of the essential components were not assessed						

Skill NASPE Standard			Criteria	Criteria Components Personal-Social Skil			
Time Management	Demonstrates staying on task for a pre-designated time  Designated time		Demonstrates waiting until instructed to begin a task	•	Demonstrates completing a task for an intrinsic purpose	Demonstrates attending to a time signal (ie: sand timer, cooking timers, stop watch)	Number of Criteria Completed Total Key Score
		Performed time					Average
	Key Score	15m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m16_11m					Level of Independence
Skill	NASPE Criteria Components Personal-Social Skill Standard		Scoring				
Turn Taking	4	Demonstrates acceptance to waiting for a turn	Demonstrates waiting with appropriate behavior for a peer to complete a task	Demonstrates waiting in a designated location	Demonstrates allowing others to have a turn by getting back in line at the conclusion of the	Demonstrates sharing equipment at conclusion of turn	Number of Criteria Completed Total Key Score
	Key Score				task		Average  Level of Independence
	Ney Ocore						Level of independence
Skill	NASPE Standards		Criteria	a Components	Persor	nal-Social Skill	Scoring
Advocate for Self	3, 4, 5	Demonstrates intrinsic motivation for participation (ie: smiles, laughs, claps)	Demonstrates self-initiated participation	Demonstrates communication for wanting to be physically active	Demonstrates selecting an activity when given choices	Demonstrates communication for wanting to participate in a specific activity	Number of Criteria Completed Total Key Score
	Key Score						Average  Level of Independence

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# **Summary of Personal-Social Skills**

Physical Education		Personal-Social Skill			
Age	Age Date of Birth: Prefe		erred Hand:	Preferred Foot:	
Title:			Specif	c Assistive Device:	
Level of Inc	lependence		Skill	Level of	Independence
		Appropriate E	Behaviors		
		Time Manage	ement		
		Turn Taking			
		Advocate for	Self		
ependence for F	Personal-Socia	l Skills			
4	Independent				_
3	Emerging Independence				
2	Partially Dependent				
1 Fully Dependent					
N/C	Not Co	mplete			
Circle	e Level of Ind	lependence			
dependence	Partially D	ependent	Fully D	ependent N	lot Complete
	<del> </del>				
	Age Title:  Level of Inc ependence for P  4 3 2 1 N/C Circle dependence	Age Date of Bir Title:  Level of Independence  ependence for Personal-Socia  Independence  Emerging In Partially De N/C Not Co Circle Level of Independence  Circle Level of Independence  Partially De Dependence   Age Date of Birth:  Title: Appropriate E Appropriate E Time Manage Turn Taking Advocate for  ependence for Personal-Social Skills  Independent Emerging Independence Partially Dependent Fully Dependent N/C Not Complete  Circle Level of Independence	Level of Independence Skill Appropriate Behaviors Time Management Turn Taking Advocate for Self  ependence for Personal-Social Skills  Independent Emerging Independence Partially Dependent N/C Not Complete  Circle Level of Independence  Partially Dependent Fully Dependence  Circle Level of Independence  Cependence  Partially Dependent Fully Dependent	Age Date of Birth: Specific Assistive Device:  Level of Independence Skill Level of  Appropriate Behaviors  Time Management  Turn Taking  Advocate for Self  ependence for Personal-Social Skills  Independent  Emerging Independence  Partially Dependent  Turn Taking  Advocate for Self  Emerging Independence  Circle Level of Independence  Circle Level of Independence  Dependent Fully Dependent  Circle Level of Independence	

Test	Date:_			Physical Educa	tion Standards Based A	ssessment Tool	Introduction to Anatomy			
Stud	ent's N	lame:		Age	Date of Birth:_	F	Preferred Hand:	Preferred Foot:		
Exar	niner's	Name:		Title:		Sp	ecific Assistive Device:			
					Key Score					
Lev	/el		rformance	Level	Performance	Lev	el Po	erformance		
0			Skill Not Applicable	2	Partial Physical Assis		In	dependent		
1		Full Phy	sical Assistance	3	Visual and Verbal Pro	ompt				
				Scoring for Le	vel of Independence (Five (	Criteria of Components)				
4	lr	ndependent	The student comple	etes 3 or more of the essen	tial components demonstrating	a combined rubric score b	etween 11 and 20 with an avera	nge of 3.5 to 4.		
3	Emergi	ing Independence	The student comple	etes 3 or more of the essen	tial components demonstrating	a combined rubric score b	etween 8 and 17 with an averag	je of 2.5 to 3.4.		
2	Parti	ially Dependent	The student comple	etes 3 or more of the essen	tial components demonstrating	a combined rubric score b	etween 5 and 12 with an averag	je of 1.5 to 2.4.		
1	Ful	lly Dependent	The student comple	etes 3 or more of the essen	tial components demonstrating	a combined rubric score b	etween 3 and 7 with an average	of 1 to 1.4.		
N/C	N	ot Complete	3 or more of the es	sential components were no	ot assessed					
S	Skill	NASPE Standards		(	Criteria Components	Intro	Introduction to Anatomy			
Bod	ternal ly Part ification	Demonstrates 1, 2 imitation of body		ody part identification of 3 upper of 3 lower body part		Demonstrates identification of 10 body parts	Demonstrates identification of 3 body parts on another person or a picture	Number of Criteria Completed Total Key Score Average		
		Key Score						Level of Independence		
S	Skill	NASPE Standards		C	Criteria Components	Intro	duction to Anatomy	Scoring		
Imitation of Body Movements		1, 2	Demonstrates Demonstrates imitating the actions of stationary of the entire group movements fo part		Demonstrates imitation of a person or picture in a static body position	Demonstrates imitation of single segregated locomotor movements	Demonstrates imitation of an A-B pattern of two isolated movements	Number of Criteria Completed Total Key Score Average		
		Key Score						Level of Independence		
Skill		NASPE Standard		C	Criteria Components	Intro	duction to Anatomy	Scoring		
Internal Body System Location		2	_		Demonstrates knowledge of the location of the lungs	Demonstrates knowledge of the location of the throat	Demonstrates for the location of the pulse	Number of Criteria Completed Total Key Score		
								Average		
		Key Score						Level of Independence		

Test Date: Phy				Physica	al Education Stan	dards Based Assessn	Introduction to Physiology			
Student's Name:					Age	Date of Birth:	Prefe	erred Hand:	Preferred Foo	t:
Exan	niner's	s Name:			Title:		Specifi	c Assistive Device:		
						Key Score				
Lev	el	Pe	rformance	Le	vel	Performance	Level	Р	erformance	
0			Skill Not Applicable			al Physical Assistance	4	Ir	ndependent	
1		Full Phy	sical Assistance	3	3 Visu	al and Verbal Prompt				
				Scor	ing for Level of Inde	ependence (Six Criteria d	of Components)			
4		Independent	The student compl			ents demonstrating a comb		en 14 and 24 with an avera	age of 3.5 to 4.	
3		ging Independence			•	ents demonstrating a comb			•	
2		tially Dependent			•	ents demonstrating a comb			•	
1	Fı	ully Dependent	The student compl	letes 4 or more of	the essential compon	ents demonstrating a comb	ined rubric score betwee	en 4 and 8 with an average	e of 1 to 1.4.	
N/C	1	Not Complete	4 or more of the es	ssential componer	nts were not assessed	-				
Sk	ill	NASPE Standards			Criteria Components			on to Physiology	Scoring	
Ba:	ology	1, 2	Demonstrates movement of the	Demonstrates two methods of arm	Demonstrates two uses for the hands	Demonstrates two methods of leg	Demonstrates two uses for the feet	Demonstrates changing combining upper and lower body	Number of Criteria Completed	
of B Pa	,		head for communication	movement		movement		movements to perform  a task	Total Key Score	
								a task	Average	
		Key Score							Level of Independence	
Skill NASPE Standards		NASPE Standards			Criteria Com	ponents		on to Physiology	Scoring	
Produ			Demonstrates the	Demonstrates	Demonstrates the	Demonstrates the	Demonstrates	Demonstrates creating	Number of Criteria	
Vari		1, 2	trajectory for	the trajectory for tossing a	trajectory for throwing a ball	trajectory for rolling a	creating more force	less force for object manipulation	Completed	
Exte Reac	tions		pushing a ball down	ball upward	over an object	ball under an object	for object manipulation	manipulation	Total Key Score	
with Bo									Average	
		Key Score							Level of Independence	

	Key Score									
Level	Performance	Level	Performance		Level	Performance				
0	Refusal or Skill Not Applicable	2	Partial Physical Assistance		4	Independent				
1	Full Physical Assistance	3	Visual and Verbal Prompt							

	Scoring for Level of Independence (Five Criteria of Components)									
4	Independent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 11 and 20 with an average of 3.5 to 4.								
3	Emerging Independence	The student completes 3 or more of the essential components demonstrating a combined rubric score between 8 and 17 with an average of 2.5 to 3.4.								
2	Partially Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 5 and 12 with an average of 1.5 to 2.4.								
1	Fully Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 3 and 7 with an average of 1 to 1.4.								
N/C	Not Complete	3 or more of the essential components were not assessed								

Standard   Demonstrates   Demonstrates   Nowledge for getting taller   Demonstrates   Nowledge for getting taller   Demonstrates   Demonstrates   Nowledge for getting larger   Demonstrates   Nowledge for muscle growth   Demonstrates   Nowledge for age   Nowl	N/C NC	t Complete	3 of filore of the ess	ential components were not ass	esseu			
Skill   NASPE   Standards   Naspe   Total Key   Demonstrates making and Pulse   Key Score   Demonstrates the active heart beat solve heart beat faster   Key Score   Demonstrates quick short breathes after moderate to vigorous movement   Demonstrates exhaling deeply   Demonstrates exhaling deeply   Demonstrates   Demonstrates   Demonstrates   Demonstrates   Demonstrates   Demonstrates   Demonstrates   Demonstrates   Demonstrates   Number of the heart (Lub-Dub)   Demonstrates   Demonstrates   Demonstrates   Demonstrates   Number of the heart (Lub-Dub)   Demonstrates   D	Skill	_		Criteria	Components	Introducti	ion to Physiology	Scoring
Skill   NASPE   Standards   Demonstrates making the heart beat faster and Pulse   Skill   NASPE   Standards   Demonstrates the difference between a resting heart beat and an active heart beat   Demonstrates the heart (Lub-Dub)   Demonstrates the heart continuously beats   Demonstrates the heart continuously beats   Demonstrates the heart continuously beats   Total Key		2	knowledge for				knowledge for the difference between a	Number of Criteria Completed Total Key Score
Skill NASPE Standards  Physiology of the Heart and Pulse  Key Score    NASPE Standards   Demonstrates making the heart beat faster   Demonstrates the difference between a resting heart beat and an active heart beat   Demonstrates the actions of the heart (Lub-Dub)   Demonstrates the actions of the pulse   Number of the heart continuously beats   Demonstrates the actions of the pulse   Number of the heart continuously beats   Number of the heart (Lub-Dub)   Demonstrates the actions of the pulse   Number of the heart continuously beats   Number of the heart continuously beats   Number of the pulse   Number of t								Average
Standards  Physiology of the Heart and Pulse  Key Score    Number of the heart (Lub-Dub)   Demonstrates the actions of the heart (Lub-Dub)   Demonstrates the actions of the pulse   Avera		Key Score						Level of Independence
the Heart and Pulse    Total Key   Total Key   Total Key	Skill	_		Scoring				
Skill   NASPE   Standards   Criteria Components   Introduction to Physiology   Sometime of the Lungs   1,3   Demonstrates quick short breathes after moderate to vigorous movement   Demonstrates inhaling deeply   Demonstrates exhaling deeply   Demonstrates inhaling and exhaling to complete a task	the Heart	1, 2		difference between a resting heart beat and an			knowledge that the heart continuously	Number of Criteria Completed Total Key Score
Skill NASPE Standards  Physiology of the Lungs  1, 3  Demonstrates quick short breathes after moderate to vigorous movement  Criteria Components  Introduction to Physiology Sometime Lungs  Demonstrates inhaling deeply Inhaling and exhaling to complete a task  Criteria Components  Introduction to Physiology Sometime Lungs  Demonstrates controlled breathing during physical activity  Total Key								Average
Physiology of the Lungs 1, 3 Demonstrates after moderate to vigorous movement Demonstrates inhaling deeply bemonstrates exhaling deeply bemonstrates inhaling and exhaling to complete a task Complete a task Total Key		Key Score						Level of Independence
Standards  Physiology of the Lungs  1, 3  Demonstrates quick short breathes after moderate to vigorous movement  Demonstrates inhaling deeply to complete a task  Demonstrates exhaling deeply to Demonstrates controlled breathing during physical activity  Total Key	Skill	Scoring						
the Lungs 1, 3 short breathes after moderate to vigorous movement deeply inhaling and exhaling to complete a task complete a task controlled breathing during physical activity Complete a task controlled breathing during physical activity Total Key	OKIII	_		Officia	Components	miliodacti	ion to Physiology	Cooring
movement complete a task		1, 3	short breathes after		Demonstrates exhaling deeply		controlled breathing	Number of Criteria Completed
Avera							during physical activity	Total Key Score
								Average
Key Score Level of Inde		Key Score						Level of Independence
*Full Physical Prompts Should Not Be Used for the Physiology of the Lungs Rubric*				*Full Physical Prompts Show	uld Not Be Used for the Physiol	ogy of the Lungs Rub	ric*	

# **Summary of Introduction to Anatomy and Physiology**

Test Date:	Physical Education	Standards Base	ed Assessment Tool	Introduction to Anatomy and Physiology		
Student's Name:		Age	Age Date of Birth:		Preferred Hand:	Preferred Foot:
Examiner's Name:		Title:			_ Specific Assistive Device:	
Skill (Anatom	Level of Skill (Physi Independence			siology)	Level of Independence	
External Body Part Identification	on		Basic Physiol	ogy of Body Parts		
Imitation of Body Movements			Producing Va	rious External Reacti	ions with the Body	
Internal Body System Location	า		Knowledge of	f Growth		
			Physiology of			
			Physiology of	the Lungs		
Average Score Level of Inc				vel of Independence for on to Physiology		
		Level of Independence for			, , , , , , , , , , , , , , , , , , , ,	
		Anatomy and Phys				
		4 Independent				
	3 Emerging Independence					
		2 Partially Dependent				
		1 Fully Dependent				
		N/C				
		Circl	e Level of	Independence		
Independent	Emerging I	ndependence	Partially	y Dependent	Fully Dependent	Not Complete
Comments:						

Test Date: P			Physical Edu	ssment	Tool	ool Wellness and Fitness							
Student's Name:			Age	Age Date of Birth:			Preferred Hand:			Preferred Foot:			
Exan	niner'	s Name:		Title	e:			Specific	Assist	ive Device:			
					Kev	Score							
Lev	/el	Pe	rformance	Level		ormance		Level		Perfo	rmance		
0			Skill Not Applicable	2	Partial Phys	ical Assistanc	е	4		Indep	endent		
1		Full Phy	sical Assistance	3	Visual and	Verbal Promp	t						
				Scoring fo	r Level of Independe	nce (Six Crite	ria of Co	mponents)					
4		Independent	The student completes 4	or more of the es	sential components der	monstrating a co	ombined r	rubric score betwee	n 14 and	24 with an average of	of 3.5 to 4.		
3	Emer	ging Independence	The student completes 4	or more of the es	sential components de	monstrating a co	ombined r	rubric score betwee	n 10 and	20 with an average of	of 2.5 to 3.4.		
2	Pai	rtially Dependent	The student completes 4	or more of the es	sential components de	monstrating a co	ombined r	rubric score betwee	n 6 and	14 with an average of	1.5 to 2.4.		
1	F	ully Dependent	The student completes 4	or more of the es	sential components der	monstrating a co	ombined r	ubric score betwee	n 4 and 8	8 with an average of 1	to 1.4.		
N/C		Not Complete	4 or more of the essentia	Il components wer	re not assessed								
SI	Skill NASPE Standards				Criteria Components					Wellness and Fitness			
Muscular Endurance Exercises		1, 3	Demonstrates an appropriate sitting position for a pre-designated time period  Designated Time	Demonstrates holding and moving multiple weighted objects from one spot to	ding and weighted object for a pre- designated time period eighted ects from		ush-ups isometric pur bridge for pre-c		Demonstrates an metric push-up or e for pre-designated time period  Number Performed		Number of Criteria Completed Total Key Score		
			Performed Time	another	Performed Time	Perfor		Performed Time			-		
			Periormed Time		Performed Time	u u u hau u u u u u		Periormed Time		a thatta thaithatta thaithatta thaithatta thaith	Average		
		Key Score									Level of Independence		
Skill NASPE			Criteria Components					Wellness and Fitness					
Cardio- Respiratory Endurance		Standards 1, 3	Demonstrates a repetitive movement over time that aims to increase heart rate  Demonstrates an activity that produces an active		Demonstrates constant mobility at a moderate pace for a pre-designated time	Demonstrates mobility at a pace for a designate	vigorous a pre-	Demonstrates of mobility that expre-designated period	ceeds	Demonstrates the PACER test Meters	Number of Criteria Completed		
		ľ	Write the time or miles performed below 20 Minutes = 1 Mile	heart rate –	Designated Time	Designated Time		Designated Time		Write the number of laps completed below	Total Key Score		
					Performed Time	Performed Time		Performed Time			Average		
		Key Score					50   100   1		Maallaallaallaall		Level of Independence		

Skill NASPE Standards			С	riteria Compon	ents	Welln	ess and Fitness	Scoring					
Flexibility of the	1, 3	Demonstrates touching own	Demonstrates touching own	Demonstrates touching top	Demonstrates touching back	Demonstrates touching oppos	ite back-saver exerci	orming the sit and reach se with straight right leg	Number of Criteria Completed				
Right Side		mouth with nose with right of own head of neck with scapula with right with right right hand hand		scapula with rig		per performed below	Total Key Score						
		right hand		hand	right hand	Hand			Average				
	Key Score								Level of Independence				
01:11	NAODE	T							1 0				
Skill	NASPE Standards			С	riteria Compon	ents	_	ess and Fitness	Scoring				
Flexibility of the Left	1, 3	Demonstrates touching own	Demonstrates touching own	Demonstrates touching top	Demonstrates touching back	Demonstrates touching oppos	ite back-saver exerc	forming the sit and reach ise with straight left leg	Number of Criteria Completed				
Side		mouth with left hand	nose with left hand	of own head with left hand	of neck with left hand	scapula with le		per performed below	Total Key Score				
		nana			icit nana	Hand			Average				
	Key Score								Level of Independence				
4	la de a e a de at	The etudent	Scoring for Level of Independence (Five Criteria of Components)  The student completes 3 or more of the essential components demonstrating a combined rubric score between 11 and 20 with an average of 3.5 to 4.										
4 Independent 3 Emerging Independence			-										
2 Partially Dependent			The student completes 3 or more of the essential components demonstrating a combined rubric score between 8 and 17 with an average of 2.5 to 3.4.  The student completes 3 or more of the essential components demonstrating a combined rubric score between 5 and 12 with an average of 1.5 to 2.4.										
1 Fully Dependent			The student completes 3 or more of the essential components demonstrating a combined rubric score between 3 and 7 with an average of 1 to 1.4.										
N/C Not Complete 3 or more of the ess													
Skill	NASPE Standards	•	Criteria Components					ss and Fitness	Scoring				
Agility	1, 2	Demonstrates Demo					Demonstrates making a sharp turn around an obstacle	Demonstrates avoiding a chaser	Number of Criteria Completed				
	while changing direction slowly		•				obstacle		Total Key Score				
									Average				
	Key Score								Level of Independence				
Skill	NASPE			C-:	teria Compone	nto	Mallas	ss and Fitness	Scoring				
Standards						<b>3</b>	vveille	33 and Fidless					
Fitness Plan		Demonstrates fi activities with a		trates choosing a ed fitness activity		es choosing 3	Demonstrates choosing	Demonstrates choosing a	Number of Criteria				
Developmen	nt 1, 3, 4, 5	activities with a		given a choice of	•	ess activities to ersonal plan	an order for practicing the fitness plan	preferred lifetime	Completed Total Key Score	$\vdash$			
				two			,	activity from a list as a goal for the	Average	$\vdash$			
								personal plan					
	Key Score								Level of Independence				

## **Summary of Wellness and Fitness**

Test Date: Physical Education Standar				d Assessment To	ool		W	ellness and Fitness
Student's Name:		Age	Age Date of Birth:		Preferred Har		d:	Preferred Foot:
Examiner's Name:	Title:			Specif	c Assistiv	e Device:		
Skill		Level of Inc	dependence		Skill		Level	of Independence
Muscular Endurance Ex	ercises			Flexibility of t	he Left Sid	de		
Cardio-Respiratory End	urance			Agility				
Flexibility of the Right Si	de			Fitness Plan	Developm	ent		
Average So	ore Level of Inc	dependence for \	Wellness and F	itness				
		4	Indepe	endent				
		3	·	dependence				
		2		Dependent				
		1	•	pendent				
		N/C	Not Complete					
	_	Circl	e Level of Ind	ependence		1		
Independent	Emerging In	dependence	Partially D	ependent	Fully D	epende	ent	Not Complete
Comments:								
								· · · · · · · · · · · · · · · · · · ·

Test	Date	<u> </u>		Physica	al Education Star	ndards Based Assessr	ment Tool	Lifelong Physical Activit			
Stude	ent's	Name:			Age	Date of Birth:	Prefe	erred Hand:	Preferred Foo	t:	
Exam	niner	's Name:			Title:		Specifi	c Assistive Device:_			
						Key Score					
Leve	el	P	erformance	l Le	vel	Performance	Level	P	erformance		
0			<b>Skill Not Applicable</b>			al Physical Assistance	4	lı	ndependent		
1		Full Phy	ysical Assistance		3 Visu	ual and Verbal Prompt					
				Scor	ing for Level of Inde	ependence (Six Criteria o	of Components)				
4		Independent	The student comp	letes 4 or more of	the essential compor	nents demonstrating a comb	pined rubric score between	en 14 and 24 with an aver	age of 3.5 to 4.		
3	Eme	rging Independend				nents demonstrating a comb					
2	Pa	artially Dependent The student completes 4 or more of the essential components demonstrating a combined rubric score between 6 and 14 with an ave					en 6 and 14 with an avera	ige of 1.5 to 2.4.			
1		fully Dependent				nents demonstrating a comb			•		
N/C		Not Complete			nts were not assessed			<u>~</u>			
01.		NA ODE									
Ski	III	NASPE Standards			Criteria Co	mponents	Lifelong F	Physical Activity	Scoring		
Boo	ce	1, 2, 5	Demonstrates propelling a bocce	Demonstrates identifying the	Demonstrates propelling a bocce	Demonstrates the underhand toss of the	Demonstrates rolling the bocce ball	Demonstrates the knowledge for the	Number of Criteria Completed		
					pallina versus the bocce ball	ball towards the pallina	bocce ball towards the pallina	towards the pallina	designated location to stand	Total Key Score	
									Average		
		Key Score							Level of Independence		
OI .	:11	NASPE			0 " 1 0			N	On a situal		
Ski	111	Standards			Criteria Co	mponents	Lifelong F	Physical Activity	Scoring		
Minia			Demonstrates	Demonstrates	Demonstrates	Demonstrates propelling	Demonstrates	Demonstrates	Number of Criteria		
Go	lf	1, 2, 5	holding the club in a	making a	making a motion	the ball towards the	excitement/feeling of	pendulum swing with	Completed		
			position that best	motion that	that swings the	designated target	success when the	two hands on the club	Total Key Score		
			suits for striking the	swings the	club striking the		ball gets to the				
			ball	club	ball		desired location		Average		
		Key Score							Level of Independence		

Skill	NASPE Standards			Criteria Cor	mponents	Lifelong P	Physical Activity	Scoring
Horseshoes	1, 2, 5	Demonstrates grasping the horseshoe in a position that best suits for propelling it forward	Demonstrates propelling the horseshoe forward below shoulder height	Demonstrates propelling the horseshoe towards the designated target below shoulder height	Demonstrates a pendulum swing from back to front	Demonstrates excitement/feeling of success when the horseshoe gets to the desired location	Demonstrates the knowledge for the designated location to stand	Number of Criteria Completed Total Key Score Average
	Key Score							Level of Independence
Skill	NASPE Standards			Criteria Cor	mponents	Lifelong P	Physical Activity	Scoring
Corn-hole	1, 2, 5	Demonstrates grasping the beanbag in a position that best suits for propelling it forward	Demonstrates propelling the beanbag forward	Demonstrates propelling the beanbag towards the designated target	Demonstrates a pendulum swing from back to front	Demonstrates excitement/feeling of success when the beanbag gets to the desired location	Demonstrates the knowledge for the designated location to stand	Number of Criteria Completed Total Key Score Average
	Key Score							Level of Independence
Skill	NASPE Standards			Criteria Cor	nponents	Lifelong P	Physical Activity	Scoring
Racquet Sports	1, 2, 5	Demonstrates visually tracking an object	Demonstrates a ready position	Demonstrates holding the racquet in the dominant hand	Demonstrates a back to front arm swing	Demonstrates using the racquet to strike an object approaching with a flight phase	Demonstrates excitement/feeling of success when striking the object	Number of Criteria Completed Total Key Score Average
	Key Score							Level of Independence
Skill	NASPE Standards			Criteria Cor	nponents	Lifelong P	Physical Activity	Scoring
Frisbee	1, 2	Demonstrates grasping the Frisbee in a position that best suits for propelling it forward	Demonstrates propelling the Frisbee towards the designated target	Demonstrates grasping the Frisbee parallel to the ground	Demonstrates propelling the Frisbee so it flies parallel to the ground	Demonstrates catching the Frisbee when thrown from at least 6 feet away	Demonstrates moving towards the Frisbee thrown to the side	Number of Criteria Completed Total Key Score Average
	Key Score							Level of Independence

	Key Score								
Level	Performance	Level	Performance	Level	Performance				
0	Refusal or Skill Not Applicable	2	Partial Physical Assistance	4	Independent				
1	Full Physical Assistance	3	Visual and Verbal Prompt						

	Scoring for Level of Independence (Six Criteria of Components)							
4	Independent	The student completes 4 or more of the essential components demonstrating a combined rubric score between 14 and 24 with an average of 3.5 to 4.						
3	Emerging Independence	The student completes 4 or more of the essential components demonstrating a combined rubric score between 10 and 20 with an average of 2.5 to 3.4.						
2	Partially Dependent	The student completes 4 or more of the essential components demonstrating a combined rubric score between 6 and 14 with an average of 1.5 to 2.4.						
1	Fully Dependent	The student completes 4 or more of the essential components demonstrating a combined rubric score between 4 and 8 with an average of 1 to 1.4.						
N/C	Not Complete	4 or more of the essential components were not assessed						

Skill	NASPE Standards			Criteria Compo	nents	Lifelong	Physical Activity	Scoring	
Roller Skating	1, 2	Demonstrates tolerating wearing safety equipment and skates	Demonstrates maintaining standing balance while holding onto a stable support	Demonstrates walking or shuffling forward while wearing skates	Demonstrates a safe method of stopping	Demonstrates standing from a sitting position while wearing skates	Demonstrates a mature skating pattern	Number of Criteria Completed Total Key Score Average	
	Key Score							Level of Independence	

	Scoring for Level of Independence (Five Criteria of Components)								
4	Independent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 11 and 20 with an average of 3.5 to 4.							
3	Emerging Independence	The student completes 3 or more of the essential components demonstrating a combined rubric score between 8 and 17 with an average of 2.5 to 3.4.							
2	Partially Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 5 and 12 with an average of 1.5 to 2.4.							
1	Fully Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 3 and 7 with an average of 1 to 1.4.							
N/C	Not Complete	3 or more of the essential components were not assessed							

Skill	NASPE Standards		Crit	eria Components	Lifelor	ng Physical Activity	Scoring	
Bowling	1, 2, 5	Demonstrates propelling the ball forward in the	Demonstrates the knowledge for the designated location to	Demonstrates excitement/feeling of	Demonstrates placing fingers in the ball's holes while rolling	Demonstrates a pendulum swing with one hand to propel the ball to the target	Number of Criteria Completed	
		designated boundaries	stand	success when knocking the target down	Tioles write folling		Total Key Score	
							Average	
	Key Score						Level of Independence	
	Score						Independence	

Key Score								
Level	Performance	Level	Performance	Level	Performance			
0	Refusal or Skill Not Applicable	2	Partial Physical Assistance	4	Independent			
1	Full Physical Assistance	3	Visual and Verbal Prompt					

	Scoring for Level of Independence (Five Criteria of Components)							
4	Independent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 11 and 20 with an average of 3.5 to 4.						
3	Emerging Independence	The student completes 3 or more of the essential components demonstrating a combined rubric score between 8 and 17 with an average of 2.5 to 3.4.						
2	Partially Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 5 and 12 with an average of 1.5 to 2.4.						
1	Fully Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 3 and 7 with an average of 1 to 1.4.						
N/C	Not Complete	3 or more of the essential components were not assessed						

Skill	NASPE Standards		Criter	ia Components	Lifel	ong Physical Activity	Scoring
iking/Orienteering	1, 4, 5	Demonstrates maintaining standing balance while hiking	Demonstrates staying on the designated path of the group	Demonstrates keeping pace with the group	Demonstrates carrying personal items (backpack, food, water,	Demonstrates locating objects in the environment that are symbolized on a	Number of Criteria Completed Total Key Score
					etc.)	map	Average
	Key Score						Level of Independence
Skill	NASPE Standards		Criter	ia Components	Lifel	ong Physical Activity	Scoring
Speed Walking	1, 3, 4	Demonstrates stretching prior to mobility	Demonstrates maintaining standing balance while moving quickly	Demonstrates keeping a quick pace while changing surfaces	Demonstrates keeping a quick rhythmic pace for a short distance	Demonstrates an appropriate pace of continued movement for a designated time	Number of Criteria Completed
				·	Write the distance performed below	Designated Time	Total Key Score
						Performed Time	Average
	Key Score			,	Masteatlastastastastastastastastastastastastasta		Level of Independence
Skill	NASPE Standards		Criter	ia Components	Lifel	ong Physical Activity	Scoring
Dance	1, 2, 4, 5	Demonstrates excitement and	Demonstrates imitating singular movements to	Demonstrates social interaction with others	Demonstrates continuous movement	Demonstrates sequencing two movements to music	Number of Criteria Completed
		enjoyment for moving to music	music	while dancing to music	to a beat/rhythm		Total Key Score
							Average
	Key Score						Level of Independence

	Key Score									
Level	Performance	Level	Performance	Level	Performance					
0	Refusal or Skill Not Applicable	2	Partial Physical Assistance	4	Independent					
1	Full Physical Assistance	3	Visual and Verbal Prompt							

	Scoring for Level of Independence (Five Criteria of Components)									
4	Independent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 11 and 20 with an average of 3.5 to 4.								
3	Emerging Independence	The student completes 3 or more of the essential components demonstrating a combined rubric score between 8 and 17 with an average of 2.5 to 3.4.								
2	Partially Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 5 and 12 with an average of 1.5 to 2.4.								
1	Fully Dependent	The student completes 3 or more of the essential components demonstrating a combined rubric score between 3 and 7 with an average of 1 to 1.4.								
N/C	Not Complete	3 or more of the essential components were not assessed								

Skill	NASPE Standards		Criteri	ia Components	Lifeld	ong Physical Activity	Scoring			
Croquet	1, 2, 5	Demonstrates maintaining standing balance	Demonstrates a functional grasp of the mallet	Demonstrates grasping and holding	Demonstrates initiating the pendulum swing of the mallet	Demonstrates using the mallet to strike the ball	Number of Criteria Completed			
		Dalance	manet	the mallet with two hands	the mallet	with enough force towards the next wicket or stake that the game is	Total Key Score			
						progressed	Average			
	Key Score						Level of Independence			
Skill NASPE Criteria Components Lifelong Physical Activity										
Skill	NASPE Standards		Criteria Components Lifelong Physical Activi							
Cycling	1, 4, 5	Demonstrates maintaining sitting balance on a cycle seat	Demonstrates maintaining hand position on the cycle handles and feet on the pedals	Demonstrates dismounting from the cycle safely	Demonstrates pressing the breaks to slow down or stop safely	Demonstrates changing direction and avoiding obstacles	Number of Criteria Completed			
			·		1 147.5 (1 12.4	Due determeined	Total Kay Saara			
					Write the distance performed below	Pre-determined distance	Total Key Score			
							Average			

## **Summary of Lifelong Physical Activity**

Test Date:	Physical Educat	ion Standards Base	ol	Lifelong Physical Activity	
Student's Name:	Age	Date of Bir	th:	Preferred Han	d: Preferred Foot:
Examiner's Name:	Title:			Specific Assistive	e Device:
Skill	Level of In	dependence	S	kill	Level of Independence
Bocce			Roller Skating		
Miniature Golf			Bowling		
Horseshoes			Hiking/Orientee	ering	
Corn-hole			Speed Walking	)	
Racquet Sports			Dance		
Frisbee			Croquet		
			Cycling		
Average Score Level of Inc	dependence for L	ifelong Physical	Activity		
	4	Indep	endent		
	3		dependence		
	2	Partially [	Dependent		
	1	<u> </u>	ependent		
	N/C	Not Co	omplete		
	Circ	le Level of Inc	lependence		
Independent Emerging	Independence	Partially D	ependent	Fully Depende	ent Not Complete
Comments:					
		-			

Test Da	te:Phys	ical Education Stan	ndards Based Asse	essment Tool	Adapted Aquatics: Tole	erance and Range of Motion Checklist
Studen	t's Name:	Age	Date of Birth:		Examiner's Name:_	
Code +	Performance Tolerates	Code	Key Score Performanc Doesn't Toler		Code N/A	Performance Not Assessed
Code	Tolerates Water		Code			es Water
	Tolerates drops of water on skin hand, arm or leg			Tolerates water	splashing around them	
	Tolerates wet objects			Toloratos water	splashing on them	
	Tolerates wet objects			Tolerales water	spiasiling on them	
	Tolerates water on face			Tolerates subme	erging waist in the water	
	Tolerates hand or foot submerged into water			Tolerates subme	erging shoulders in the w	ater
				Tolerates ears in	n the water	
			Range of Motion			
				Right Side		Left Side
	Body Movement					
	Neck Extension  Neck Flexion					
	Shoulder Extension: Backward					
	Shoulder Abduction: Upward					
	Shoulder External Rotation: Lateral Ra	ise				
	Crosses Midline					
	Elbow Extension					
	Elbow Flexion					
	Knee Extension					
	Knee Flexion					
	Hip Extension					
	Hip Flexion					
	Wrist Flexion					
	Wrist Extension					
	Ankle/Foot Flexion					
	Ankle/Foot Extension					
Commer	nts:					

Test	Date	2:		Physical	<b>Education Sta</b>	De	<b>Developmental Aquatics</b>					
Stuc	lent's	Name:		A	\ge	Date of Bir	th:		Prefe	rred Hand:	Preferred Foot:	:
Exar	miner	's Name:		Т	Title:				Specific	Assistive Device:_		
						Key Score						
Le	vel	P	erformance	Leve	ı	Performan			Level	Р	erformance	
0		Refusal or	Skill Not Applicable	2	Part	tial Physical A	ssistance		4	Ir	ndependent	
1		Full Phy	sical Assistance	3	Vis	ual and Verba	I Prompt					
				Scoring	for Level of Ind	lependence (S	ix Criteria o	f Compo	onents)			
4		Independent	The student comp	The student completes 4 or more of the essential components demonstrating a combined rubric score between 14 and 24 with an								
3	Eme	erging Independend	· ·							10 and 20 with an aver	•	
2		artially Dependent			•		-			6 and 14 with an avera	-	
1		Fully Dependent	· ·							1 4 and 8 with an averag	-	
N/C		Not Complete	· ·	ssential components								
SI	cill	NASPE Standards			Criteria Co	omponents		Developm	ental Aquatics	Scoring		
	ight iring	1, 3	Demonstrates weight bearing with feet against the side of the pool while on back	Demonstrates st upright with fe contact with bot pool holding onto stationary ob	eet in standi ttom of feet in stable bottom	monstrates ng upright with n contact with of pool without support	g upright with contact with of pool without lifting knees in a reciprocal pattern to begin walking		Demonstrate performing 3 steps in walki pattern	_ 4 maintaining	Number of Criteria Completed Total Key Score Average	
		Key Score									Level of Independence	
Pers	onal F	Flotation Device(	s) Used:									
SI	cill	NASPE Standards			Criteria Co	omponents			Developm	ental Aquatics	Scoring	
	Stationary Demonstrates Demon		Demonstrates standing in water	Demonstrates standing in wate against turbulen	er from a st	ates moving anding to a ng position	Demonstrates moving from a squatting to a standing position		Demonstrates standing on one foot while holding the side of the pool	Number of Criteria Completed Total Key Score		
		Kou Casas									Average	
	Key Score								Level of Independence			
Pers	onal F	Flotation Device(	s) Used:									

Skill	NASPE Standards			Criteria Compone	ents	Developmen	Scoring	
Water Adjustment	1	Demonstrates sitting on the pool deck by the water In water		Demonstrates submerging feet in water (sitting on side)	submerging feet in submerging to waist		Demonstrates playing/splashing in the water	Number of Criteria Completed Total Key Score
								Average
	Key Score							Level of Independence

Skill	NASPE Standards			Criteria Compone	ents	Developmen	Scoring	
Breath Control	1	Demonstrates blowing with intentional force (above water)	Demonstrates blowing water off hands	Demonstrates blowing bubbles in the water with a straw	Demonstrates blowing bubbles with mouth in the water	Demonstrates holding breath	Demonstrates submerging face, lift head out of water to breathe	Number of Criteria Completed Total Key Score Average
	Key Score							Level of Independence

Personal Flotation Device(s) Used:

Skill	NASPE Standards			Criteria Compone	ents	Developmen	Scoring	
Grasp and Release	1	Demonstrates grasping and holding onto the instructors hand  Demonstrates grasping and holds onto a nearby object		Demonstrates grasping and holding onto the side of the pool	Demonstrates grasping and holding onto a free-floating support using two hands	Demonstrates grasping onto a moving object	Demonstrates releasing an object on command	Number of Criteria Completed Total Key Score Average
	Key Score							Level of Independence

Personal Flotation Device(s) Used:

#### **Personal Floatation Devices**

-Barbell -Dumbbell -Noodle -Kick board -Arm Floats -Bubble Belt -Floatation Belt -Personal Flotation Vest -Life Jacket -Head Collar -Danmar Neck Float-Floatation Mat -Styrofoam Seated Float -Aqua Hand Bars -Pull Buoys -Aqua Joggers -Swim Buoy Inflatable Swim Bubble -Aqua Rings

Test	Date	:		Physica	al Education Star	ndards Based Assessr	ment Tool		Water Safety				
Stud	lent's	Name:			Age	Date of Birth:	Pref	erred Hand:	Preferred Foo	it:			
Exan	niner	's Name:			Title:		Specifi	c Assistive Device:_	Assistive Device:				
						Key Score							
Lev	/el	P	erformance	Le	evel	Performance	Performance						
0	1		<b>Skill Not Applicable</b>			al Physical Assistance	I	ndependent					
1		Full Phy	sical Assistance		3 Visu	ual and Verbal Prompt							
				Scor	ring for Level of Ind	lependence (Six Criteria	of Components)						
4		Independent	The student comp	oletes 4 or more of	the essential compon	nents demonstrating a comb	pined rubric score between	en 14 and 24 with an aver	age of 3.5 to 4.				
3	Eme	rging Independend				nents demonstrating a comb							
2	Pa	artially Dependent	en 6 and 14 with an avera	ge of 1.5 to 2.4.									
1	F	en 4 and 8 with an averag	e of 1 to 1.4.										
N/C	· · ·												
Sk	till	NASPE			Water Safety	Scoring							
Ente	ring	Standards	Demonstrates	Demonstrates	Demonstrates	Demonstrates going	Demonstrates	Demonstrates using	Number of Criteria				
the F			maintaining sitting	scooting down	going down the	down the steps/ramp	scooting in on	the ladder to get into	Completed				
		1	upright in lift	the steps/ramp	steps/ramp holding onto the railing		stomach from the deck, feet first	the water	Total Key Score				
									Average				
		Key Score							Level of				
									Independence				
Perso	onal F	Totation Device(	s) Used:										
01		NAODE -											
Sk		NASPE Standards			Criteria Co			Water Safety	Scoring				
Exit			Demonstrates	Demonstrates	Demonstrates	Demonstrates	Demonstrates	Demonstrates pushing up on the wall and	Number of Criteria	ļ			
the F	P00I	1	maintaining sitting	going up the	using the ladder to	scooting/spider crawl to	pushing up on the wall and holds from	turning to sit on side	Completed				
			upright in lift	steps/ramp holding onto	get out of the water	the shallow end and exits the pool	support	tanning to out on oldo	Total Key Score	ļ			
				the railing		00 U.O p.co.			Average				
									<b>g</b> .				
		Key Score							Level of				
		-							Independence				
Perso	onal F	lotation Device(	s) Used:										

Skill	NASPE Standards			Criteria Comp		Water Safety	Scoring		
Self-Help Skills	1, 2	Demonstrates holding the side of the pool	Demonstrates falling and recovering to feet	Demonstrates grasping and holding onto a floatation device	Demonstrates turning around when the depth of the water height becomes too deep to safety maintain standing position	Demonstrates the human stroke for a distance of 5 feet to the side of the pool and holding on	Demonstrates and recognizes the need for help	Number of Criteria Completed Total Key Score Average	
	Key Score							Level of Independence	

Skill	NASPE Standards				Water Safety	Scoring		
Navigating the Pool Area	1, 2,	Demonstrates awareness of the locker room location	Demonstrates spider crawling/wall scooting	Demonstrates survival grasping	Demonstrates walking with one hand on the wall	Demonstrates walking without holding onto a support	Demonstrates walking to chest deep level of water and turning around	Number of Criteria Completed Total Key Score Average
	Key Score							Level of Independence

Personal Flotation Device(s) Used:

#### **Personal Floatation Devices**

-Barbell -Dumbbell -Noodle -Kick board -Arm Floats -Bubble Belt -Floatation Belt -Personal Flotation Vest -Life Jacket -Head Collar -Danmar Neck Float -Floatation Mat -Styrofoam Seated Float -Aqua Hand Bars -Pull Buoys -Aqua Joggers -Swim Buoy Inflatable Swim Bubble -Aqua Rings

Test	Date:			Phys	ical Education St	Fitness in the Water							
Stud	lent's	Name:			Age	Date of E	Birth:		Pref	ferred	Hand:	Preferred Foo	ot:
Exar	niner'	s Name:			Title:				Specif	ic Assi	stive Device:		
						Key Sco	ore						
Lev	/el	Po	erformance		Level	Performa	ance		Level	Level Performance			
0		Refusal or	<b>Skill Not Applic</b>	able		rtial Physical	Assistance		4		lr	ndependent	
1		Full Phy	sical Assistanc	e	3 Vi	sual and Ver	bal Prompt						
				So	oring for Level of Ir	ndependence	(Six Criteria	of Com	nponents)				
4		Independent	The student	completes 4 or more	of the essential comp	onents demon	strating a comb	ined rul	bric score betwe	en 14 a	nd 24 with an avera	age of 3.5 to 4.	
3	<u> </u>												
2	Pai	rtially Dependent	The student	completes 4 or more	of the essential comp	onents demon	strating a comb	ined rul	bric score betwe	en 6 an	d 14 with an averag	ge of 1.5 to 2.4.	
1	F	ully Dependent	The student	completes 4 or more	of the essential comp	onents demon	strating a comb	ined rul	bric score betwe	en 4 an	d 8 with an average	e of 1 to 1.4.	
N/C		Not Complete	4 or more of	the essential compor	nents were not assess	ed	-						
Sk	Skill NASPE Standards Criteria Components Fitness in the Water										Scoring		
Locomotor Skills		1	Demonstrate walking forward backwards	and walking, marching or running in	walking, running forward forwards a marching or running in		rates jumping and backwards	Demonstrates turning/spinning in either direction		Demonstrates the slide step in either direction		Number of Criteria Completed Total Key Score	
				place								Average	
		Key Score										Level of Independence	
Pers	onal F	otation Device(	s) Used:			- 1				•			
Sk	cill	NASPE Standards				a Component	ts		Fitnes	s in th	e Water	Scoring	
	eg cises	1, 3	Demonstrates non-weight bearing leg extension and	Demonstrates a pre-designated number of bicycle kicks	Demonstrates a pre number of leg kick backwards and side holding the	s forwards, eways while	Demonstrat pre-designa number of squats	ated	Demonstrates designated nu of leg circl	ımber	Demonstrates leg kicks across the pool in a supine or prone	Number of Criteria Completed	
		flexion  Designated Number:  Number Performed Below Forward – Backward - Sideways		Designated Number		Designated Number		position	Total Key Score				
				Performed		1   1   1   1   1   1   1   1   1   1	Performed		Performed			Average	
		Key Score	core							,	Level of Independence		
Pers	onal Fl	otation Device(	s) Used:										

Skill	NASPE Standards			Criteria Com	Criteria Components		Fitness in the Water		
Arm Exercises	1, 2, 3	Demonstrates a push-up movement	Demonstrates a bicep curl movement with both arms	Demonstrates tricep extension of both arms	Demonstrates an upright row movement	Demonstrates a forward lateral side lift	Demonstrates a shoulder press movement	Number of Criteria Completed Total Key Score	
								Average	
	Key Score							Level of Independence	

Skill	NASPE Standards				(	Criteria Componen	ts	Fitness in	the Water	Scoring
Active Movement in Water	1, 3, 5	Demonstrates movin underwater for a possignated time per	pre-	Demonstration moving legunderwater from pre-designated	gs for a	Demonstrates moving from the evaluator to a safe location	Demonstrates moving through the water for 10 feet	Demonstrates sculling a pre-designated amou of time		Number of Criteria Completed
		Designated Time		Designated Time				Designated Time Performed Time		Total Key Score Average
	Key Score	Time		Time				Teriorined Time y		Level of Independence

Personal Flotation Device(s) Used:

#### **Personal Floatation Devices**

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Test	Date	2:		Physical Education Standards Based Assess				sment Tool Basic S		
Stud	ent's	Name:			Age	Date of Birth:	Pref	erred Hand:	Preferred Foot:	
Exan	ninei	's Name:			Title:		Specific Assistive Device:			
						Key Score				
Lev	/el	P	erformance	Le	vel	Performance	Level	F	Performance	
0		Refusal or	<b>Skill Not Applicable</b>		2 Parti	al Physical Assistance	4	I	ndependent	
1		Full Phy	sical Assistance	;	3 Visu	ual and Verbal Prompt			-	
					_	ependence (Six Criteria	•			
4		Independent				ents demonstrating a comb				
3	Eme	erging Independenc	ce The student comp	letes 4 or more of	the essential compon	ents demonstrating a comb	pined rubric score between	en 10 and 20 with an aver	age of 2.5 to 3.4.	
2	Р	artially Dependent	The student comp	letes 4 or more of	the essential compon	ents demonstrating a comb	pined rubric score between	en 6 and 14 with an avera	ge of 1.5 to 2.4.	
1		Fully Dependent	The student comp	letes 4 or more of	the essential compon	ents demonstrating a comb	pined rubric score between	en 4 and 8 with an averag	e of 1 to 1.4.	
N/C		Not Complete	4 or more of the e	ssential compone	nts were not assessed	<u>k</u>				
Sk	ill	NASPE Standards			Criteri	a Components	Basic	Swimming	Scoring	
Ba Flo	ck oat	1, 2, 3	Demonstrates floating on back with	Demonstrates floating on back with arm	Demonstrates floating on back holding a free-	Demonstrates floating on back with sculling or	Demonstrates floating on back from	Demonstrates recovering to standing position from floating	Number of Criteria Completed	
		1, 2, 0	personal floatation device (PFD) on	floats	floating support	finning	standing position	on back	Total Key Score	
			upper trunk						Average	
		Key Score							Level of Independence	
Perso	onal I	Flotation Device(	s) Used:							
Sk	ill	NASPE Standards			Criteri	a Components	Basic	Swimming	Scoring	
Flut Kid		4.0	Demonstrates sitting on side kicking legs	Demonstrates sitting on side	Demonstrates laying with	Demonstrates flutter kick while holding onto the	Demonstrates flutter kick while holding	Demonstrates performing a flutter kick	Number of Criteria Completed	
		1, 2	in the water	using a reciprocal leg	stomach on deck with the legs	side of the wall	onto a free-floating support	to propel forward	Total Key Score	
				kick in the water	kicking in the water				Average	
		Key Score							Level of Independence	
Perso	onal I	lotation Device(	s) Used:			,				

Skill	NASPE Standards			Criteri	a Components	Basic	Swimming	Scoring
Propulsion on Front	4.0	Demonstrates running on the	Demonstrates pushing off the	Demonstrates pushing off the	Demonstrates pushing off the bottom of pool to	Demonstrates putting feet on the wall in	Demonstrates pushing off the wall and kicking	Number of Criteria Completed
	1, 2	bottom of pool with a forward lean and	bottom of the pool to prone	bottom of pool to prone glide	prone glide and kick	preparation to push off of the wall		Total Key Score
		shoulders in the water	float					Average
	Key Score							Level of
Personal Flo	tation Device(s	) Used:						Independence
Personal Flo	tation Device(s	) Used:		Criteri	a Components	Basic	Swimming	
	,	) Used:		Criteri	a Components	Basic	Swimming	Independence Scoring
	NASPE Standards	Demonstrates floating on back	Demonstrates pushing off the	Criteri  Demonstrates pushing of the	Demonstrates pushing of the bottom of the pool to	Basic  Demonstrates putting feet on the wall and	Demonstrates holding onto the side of the	
Skill Propulsion	NASPE	Demonstrates		Demonstrates	Demonstrates pushing of	Demonstrates putting	Demonstrates holding onto the side of the pool and pushing off with feet and propelling	Scoring  Number of Criteria
Skill Propulsion	NASPE Standards	Demonstrates	pushing off the bottom of the	Demonstrates pushing of the bottom of the pool	Demonstrates pushing of the bottom of the pool to	Demonstrates putting feet on the wall and holding onto the side	Demonstrates holding onto the side of the pool and pushing off	Scoring Number of Criteria Completed

Independence

Skill	NASPE Standards			Criter	ria Components	Basic	Swimming	Scoring
Submerging	1, 2,	Demonstrates putting chin in the water	Demonstrates closing mouth and putting it in the water	Demonstrates putting the face in the water	Demonstrates submerging the whole body in water	Demonstrates submerging the whole body for a designated time period  Designated Time  Performed Time	Demonstrates submerging the whole body in water and propelling	Number of Criteria Completed  Total Key Score  Average
	Key Score					Visit I in the last		Level of Independence

Skill	NASPE Standards			Crite	ria Components	Basi	c Swimming	Scoring
Human Stroke	1, 2	Demonstrates arm strokes while walking (reaching and pulling arms)	Demonstrates kicking legs	Demonstrates maintaining head above the water	Demonstrates reciprocal arm movement and kicking legs underwater	Demonstrates human stroke with a floatation device for a pre- designated time period	Demonstrates the human stroke for a predesignated time period	Number of Criteria Completed
						Designated Time	Designated Time	Total Key Score
						Performed Time	Performed Time	Average
	Key Score							Level of Independence

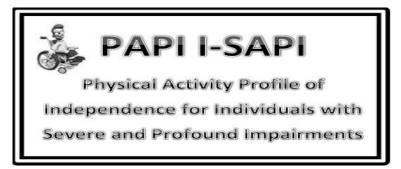
#### **Personal Floatation Devices**

-Barbell -Dumbbell -Noodle -Kick board -Arm Floats -Bubble Belt -Floatation Belt -Personal Flotation Vest -Life Jacket -Head Collar -Danmar Neck Float -Floatation Mat -Styrofoam Seated Float -Aqua Hand Bars -Pull Buoys -Aqua Joggers -Swim Buoy Inflatable Swim Bubble -Aqua Rings

## **Summary of Aquatics**

Test Date:		Physical Ed	Aquatics				
Student's Name:_		Ag	e Date of	Birth:	h: Preferred Hand		Preferred Foot:
Examiner's Name:		Tit	Title:		Specific Assistive Device:		
Developme	ental Aquatics		r Safety	Fitness i	n the Water	Basic Swimming	
Skill	Level of	Skill	Level of	Skill	Level of	Skill	Level of
	Independence		Independence		Independence		Independence
Weight Bearing		Entering the Pool		Locomotor Skills		Back Float	
Stationary Position		Exiting the Pool		Leg Exercises		Flutter Kick	
Water Adjustment		Self-Help Skills		Arm Exercises		Propulsion on	
						Front	
Breath Control		Navigating the Pool		Active Movement		Propulsion on	
0 101		Area		in Water		Back	
Grasp and Release					L	Submerging	
					L	Human Stroke	
	Average Score	Level of Indeper	ndence for Aquati	ics			
		4		dependent			
		3	Emergin	g Independence			
		2	Partia	lly Dependent			
		1	Fully Dependent				
		N/C	No	t Complete			
			Circle Level of I	ndependence			
Indonond	ont Emora	ing Indonendence	Dortioll	v Donandant	Fully Danandant		Not Complete
Independe	ent Emerg	ing Independence	Partiali	y Dependent	Fully Dependent		Not Complete
Comments:							
_							
		•					

# **Personal Fitness Plan**



# **Name**

**School Year** 

# Adapted Physical Education/Physical Education Parent Survey

Dear Parent(s)/Guardian(s):

Throughout the school year your child has been participating in a variety of gross motor activities that aim to enhance muscular strength, body awareness, flexibility, cardiovascular endurance, body coordination, and social skills. In order to meet your child's individual needs and interests, it is important for me to gain more knowledge about your child's physical activity outside of school, along with the interests and activities of family members. Please take some time to fill out the survey below.

Please return this form to	by a	conding it hool	k to sobool in	vour shild's	hook ho	_
riease return tills form to	uy :	sending it back	k to School iii	your ciliu s	DOOK Da	9

#### What activities does your child participate in outside of school?

Check all that apply:

Walking	Swimming
Running	Ice Skating/Roller Skating
Exercising at home/fitness center	Dancing
Socializing with peers	Watching sports on t.v
Special Olympics	Horseshoes/Beanbag Toss(Corn-hole)
Basketball	Miniature Golf
Bicycle Riding	Bowling
Fishing	Bocce
Hiking	Frisbee
Playground	Racquet Activities (Badminton, Tennis)

Other:

#### What activities does your family do as a group?

Check all that apply:

ook an that apply:	
Hiking/Walking	Bicycle Riding
Fishing	Running
Ice Skating/Roller Skating	Basketball
Bowling	Soccer
Lawn Games (Bocce or	Exercising at home/fitness center
horseshoes)	
Swimming	Play with balls/Frisbees

Other:

Turn Over→

#### What activities do you (parent(s)/guardian(s)) do in your free time?

Check all that apply:

Hiking/Walking	Climbing
Bicycle Riding	Horseback Riding
Running	Bowling
Fishing	Exercising at home/fitness center
Canoeing/Kayaking	Skiing
Swimming	Ice Skating/Roller Skating
Tennis	Football
Volleyball	Golf
Soccer	Basketball
Lawn Games	Baseball/Softball

Other:

#### What activities do the <a href="brother(s)/sister(s)">brother(s)/sister(s)</a> do in their free time?

Check all that apply:

Hiking/Walking	Climbing
Bicycle Riding	Horseback Riding
Running	Bowling
Fishing	Exercising at home/fitness center
Canoeing/Kayaking	Skiing
Swimming	Ice Skating/Roller Skating
Tennis	Football
Volleyball	Golf
Soccer	Basketball
Lawn Games	Baseball/Softball

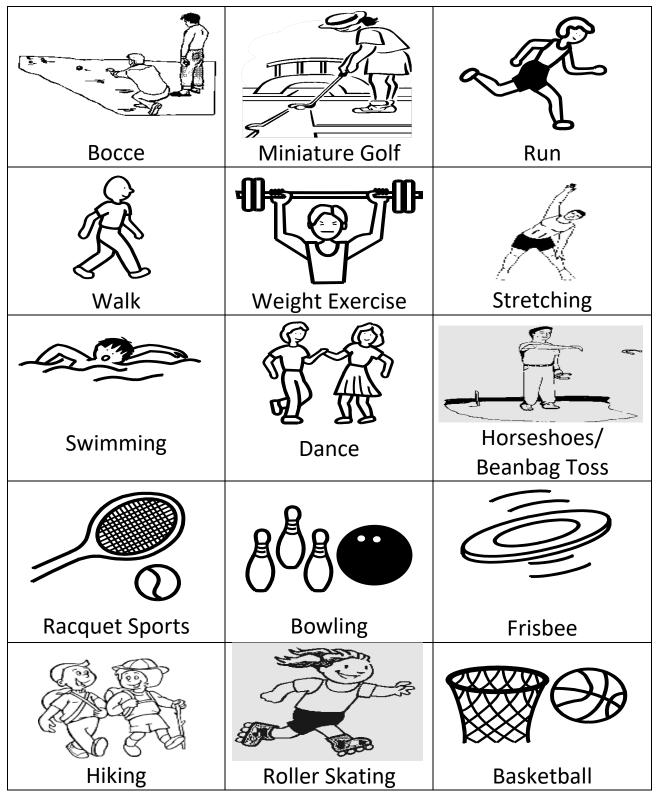
Other:

What skills would you like <u>your child</u> to work on and/or is there an activity/skill you want your child to learn?

Comments/Suggested Goals & Objectives:

# **Physical Activities I Enjoy...**

Name: \_\_\_\_\_



Other Activities:

#### **Personal Fitness Selection**

Student's Name:

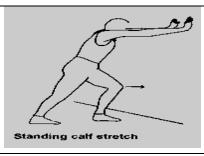
Directions: Choose one appropriate exercise from each category by marking it.

#### **Stretches**









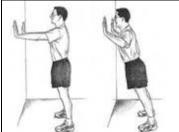
**Shoulder Stretch** 

**Lateral Arm Raises** 

Sitting Hamstring Stretch

**Standing Calf Stretch** 

**Upper Body Exercise** 









Wall Pushups

**Lateral Raises with Weight** 

**Shoulder Shrugs** 

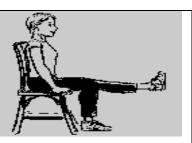
Isometric Pushups

# **Lower Body Exercise**









Lunges

Standing High Jump

Squats

Leg Lifts in Chair

# **Cardio-Respiratory Exercise**









Walking

Running

**Stationary Bicycle** 

Hand Peddler/Ergometer

Student's Name:			Age:	leight:	feet in	ches Weight:	lbs.	
Fitness Test(s) Administered:			Teacher:					
Muscular Strength and Endurance								
Exercise	Pre-Test		Prompts	Post-Test		Prompts	Prompts	
Curl-Ups	Date:		Independent	- Date:		Independer	Independent	
☐Traditional ☐Modified			Verbal/Visual			Verbal/Visu	Verbal/Visual	
	Score:		Partial Physical	Score:		Partial Phys	Partial Physical	
Comments:			1			<u> </u>		
Push-Ups	Date:		Independent	Date:		Independer	Independent	
☐Traditional ☐Modified	Dutc		Verbal/Visual			Verbal/Visu	Verbal/Visual	
☐Wall ☐Isometric	Score:		Partial Physical	Score:		Partial Phys	Partial Physical	
Comments:			l	I				
Flexibility								
Exercise	Pre-Test		Prompts	Post-Test		Prompts	Prompts	
Trunk Lift	Date:		Independent	Date:		Independer	Independent	
			Verbal/Visual	Score:		Verbal/Visu	Verbal/Visual	
Comments:								
Back Saver Sit & Reach	Date:		Independent	Date:		Independer	nt	
	Left	Right		Left	Right			
			Verbal/Visual			Verbal/Visu	al	
Comments:				1				
Modified Apley Test	Date:		Independent	Date:		Independer	Independent	
Scoring: 1 = Mouth	Left	Right	Verbal/Visual	Left	Right	Verbal/Visu	al	
2 = Top of Head 3 = Opposite Scapula			Partial Physical	-		Partial Phys	sical	
Comments:								
Cardio-Respiratory End	urance							
Exercise	Pre-Test		Prompts	Post-Test		Prompts	Prompts	
Pacer or Target Aerobic Movement Test (TAMT)	Date:		Independent	Date:		Independer	Independent	
MOVEMENT 1631 (17AMI)	Laps:		Verbal/Visual	Laps:		Verbal/Visu	Verbal/Visual	
□20 Meter □15 Meter	Time:							
Ergometer			Partial Physical			Partial Phys	sical	
Comments:			1	ı		1		

Personal Fitness Report School Year:\_\_\_\_\_