



# **PAPI I-SAPI**

**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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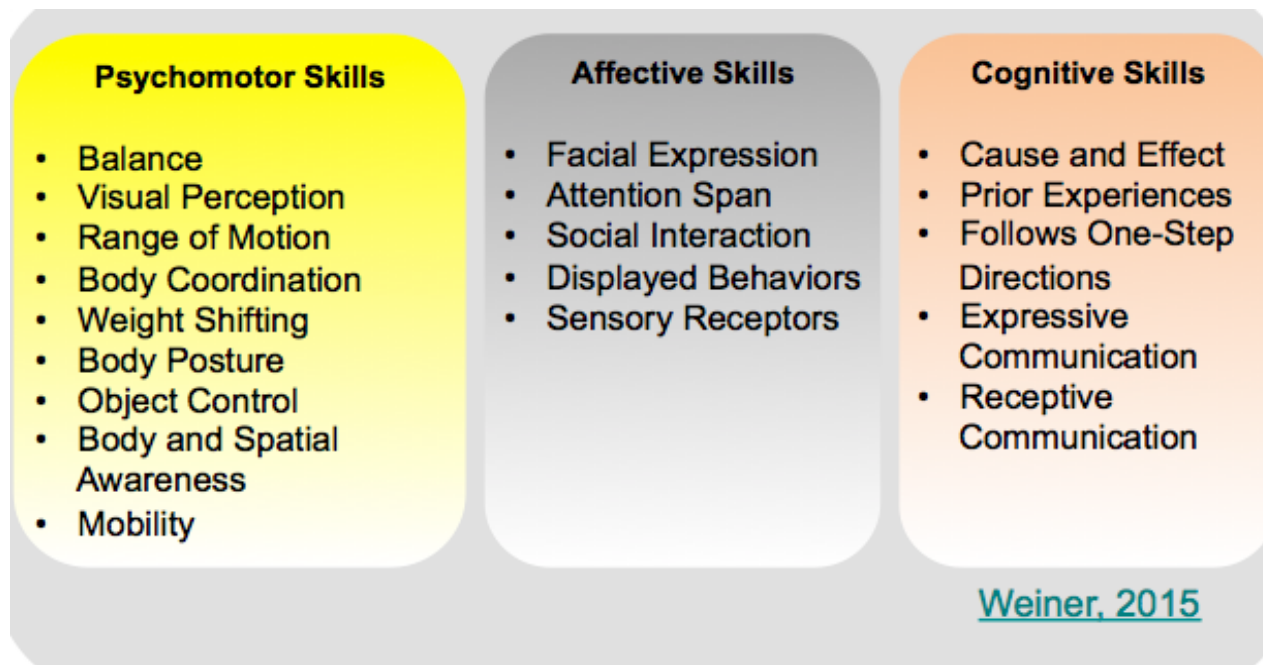
## Introduction

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.



## 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	<b>**Emerging**</b> 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							
<b>Object Control</b>	Orange	<b>Body Control</b>	Blue	<b>Affective</b>	Green	<b>Cognitive</b>	Red

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

## 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, ± 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, ± 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						Scoring	
Kicking a Ball	1, 2	Demonstrates extension of the leg	Demonstrates contacting a stationary ball with the foot	Demonstrates intentional contact with a stationary ball using the foot	Demonstrates swinging the leg back to front to strike a ball with the foot	Demonstrates kicking a ball with specific direction	Demonstrates kicking a ball towards a target	Number of Criteria Completed	4
								Total Key Score	13
								Average	3.3
	Key Score	4	3	3	3	0	0	Level of Independence	3

This section is used for comments

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:

Scope and Sequence for Sections The recommended ages to teach and work on each section																
Primary				Intermediate				Middle School			High School					
Age 5	Age 6	Age 7	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15	Age 16	Age 17	Age 18	Age 19	Age 20	Age 21
Rudimentary Skills																
Fundamental Skills																
Personal-Social Skills																
								Introduction to Anatomy								
								Introduction to Physiology								
										Wellness and Fitness						
											Lifelong Physical Activity					

**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						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	
								Average	
	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 Skills 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 Dependent	
	2.5 – 3.4	Emerging Independence			1.0 – 1.4	Full Dependent	

## 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.

	Number of Skills 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 Dependent	
	3	Emerging Independence			1	Full Dependent	

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool****Reflexes, Acceptance and Range of Motion**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Examiner's Name: \_\_\_\_\_

**Key Score**

Code +	Performance Demonstrated		Code ±	Performance Emerging		Code ---	Performance Not Demonstrates		Code N/A	Performance Not Assessed
-----------	-----------------------------	--	-----------	-------------------------	--	-------------	---------------------------------	--	-------------	-----------------------------

Code	Primitive Reflexes		Code	Acceptance	Comments				
	Moro Reflex	Sudden extension and bowing of arms and legs after being surprised by a noise or sudden movement.		Tactile stimuli					
	Startle Reflex	Sudden flexion of arms and legs without prior extension after being surprised by a noise or sudden movement.		Auditory Stimuli	Hearing Impairment				
	Search Reflex	When on stomach, back or in a sitting position, the student will search for toys in close proximity by sweeping the hand or foot.			Yes			No	
	Sucking Reflex	The student will suck on fingers, toes or objects by putting them into his/her mouth.	Comments:						
	Palmer Grasp	Upon stimulation of the palm, the hand will close strongly around the object without use of the thumb.		Visual Stimuli	Visual Impairment				
	Parachute or Propping Reflexes	Protective movements of the limbs in the direction of the displacing force. It occurs in response to loss of balance.			Yes			No	
			Comments:						
			Additional Information:						

**Range of Motion**

N/A – Not Assessed				0 – Student does not demonstrate more than 1 degree of motion						
Body Movement	Full Range 4	Moderate Range 3		Minimal Range 2		Limited to No Range 1		Right Side	Left Side	
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				
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	Flexion between 40 and 89 degrees		Flexion to 90 degrees		Flexion 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 to 90 degrees				
Head Control + Demonstrated - Not Demonstrated	Turns head to either side with control		Turns head to right side with control		Turns head to left side with control		Holds head up when in a sitting position			
Comments:										
+ Demonstrated - Not Demonstrated	Right Wrist Rotation		Extends wrist upward		Flexes wrist downward		Rotate wrist in circular motion			
	Left Wrist Rotation		Extends wrist upward		Flexes wrist downward		Rotate wrist in circular motion			

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool**

**Classroom Engagement**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Examiner's Name: \_\_\_\_\_

Key Score									
Code	Performance		Code	Performance		Code	Performance		Code
+	Demonstrated		+	Emerging		---	Not Demonstrated		N/A

Independent	Visual and Verbal Prompt	Partial Physical Assistance	Full Physical Assistance	Refusal or Skill Not Applicable	Components of Following Directions
					Displays attentive behaviors through actively demonstrating correct tasks
					Attentively listens while instructions are given
					Stays on task for pre-designated period of time (maximum of 5 minutes) for one component of the lesson
					Stays on task for pre-designated period of time (maximum of 5 minutes per component) for two components of the lesson
					Stays on task throughout the entire lesson
					Follows the daily structured routines of the class
					Follows one-step direction
					Follows two-step direction
Independent	Visual and Verbal Prompt	Partial Physical Assistance	Full Physical Assistance	Refusal or Skill Not Applicable	Components of Problem-Solving
					Displays cause and effect strategies
					Displays search and retrieve strategies
					Problem solves to maneuver body through a challenging situation or task
					Solves an intrinsic problem (i.e: approaches person for a piece of equipment)
					Solves an intrinsic problem with a positive strategy (i.e: waits patiently even when unmotivated in order to gain a turn or piece of equipment)

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool**

**Rudimentary Skills**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

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 Standard	Criteria Components						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	
								Average	
	Key Score							Level of Independence	

Skill	NASPE Standard	Criteria Components						Scoring	
Reaching	1	Demonstrates controlled reach of the arm(s)	Demonstrates bilateral reaching	Demonstrates reaching upwards	Demonstrates reaching towards a specific object	Demonstrates unilateral reaching towards a specific object	Demonstrates reaching across midline towards a specific object	Number of Criteria Completed	
								Total Key Score	
								Average	
	Key Score							Level of Independence	



Skill	NASPE Standards	Criteria Components				Rudimentary Skill		Scoring	
Grasp and Release	1, 2	Demonstrates grasping object placed in hand	Demonstrates grasping object from a nearby location	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	Number of Criteria Completed	
							Time Designated	Total Key Score	
							Time Performed	Average	
	Key Score							Level of Independence	
Skill	NASPE Standard	Criteria Components				Rudimentary Skill		Scoring	
Sitting	1	Demonstrates sitting upright using hands to balance	Demonstrates sitting upright on floor	Demonstrates sitting upright in a chair with arm rests	Demonstrates sitting upright on a raised surface without arm rests	Demonstrates righting response in sitting position	Demonstrates sitting upright for designated time	Number of Criteria Completed	
							Time Designated	Total Key Score	
							Time Performed	Average	
	Key Score							Level of Independence	
Skill	NASPE Standard	Criteria Components				Rudimentary 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							Level of Independence	
Skill	NASPE Standards	Criteria Components				Rudimentary 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	
								Average	
	Key Score							Level of Independence	

Skill	NASPE Standard	Criteria Components						Rudimentary 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	

**\*DISCLAIMER: PHYSICAL PROMPTS ARE NOT TO EXERT THE STUDENT BEYOND HIS/HER PHYSICAL CAPABILITY. ONLY GUIDE THE STUDENT\***

Skill	NASPE Standard	Criteria Components						Rudimentary Skill		Scoring	
Range of Motion of the Left 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	

**\*DISCLAIMER: PHYSICAL PROMPTS ARE NOT TO EXERT THE STUDENT BEYOND HIS/HER PHYSICAL CAPABILITY. ONLY GUIDE THE STUDENT\***

Skill	NASPE Standards	Criteria Components						Rudimentary Skill		Scoring	
Weight Shift	1,2	Demonstrates rocking side to side	Demonstrates stepping over an object with low height elevation above floor level	Demonstrates using a stable support while stepping up onto an elevated surface	Demonstrates stepping up onto an elevated surface	Demonstrates using a stable support while stepping down from an elevated surface	Demonstrates stepping down from an elevated surface			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 (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 Components					Rudimentary Skill	Scoring		
Rolling Body	1	Demonstrates rocking body side to side	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			
							Total Key Score			
							Average			
	Key Score						Level of Independence			
Basic Locomotor Travel	1	Demonstrates travel on stomach primarily using arms to pull forward	Demonstrates scooting in a laying position	Demonstrates scooting in the sitting position	Demonstrates creeping (alternating unilateral movements on hands and knees)	Demonstrates crawling (bilateral movements with opposition on hands and knees)	Number of Criteria Completed			
							Total Key Score			
							Average			
	Key Score						Level of Independence			
Standing	1	Demonstrates maintaining standing holding onto a stable support	Demonstrates righting response to maintain standing balance with wide base of support	Demonstrates maintaining standing with a narrow base of support	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			
					Time Designated		Time Designated		Total Key Score	
					Time Performed		Time Performed		Average	
					Key Score					Level of Independence
	Visual Perception	1, 2	Demonstrates eye gaze towards one of multiple objects to show preference	Demonstrates visually tracking object slowly moving horizontally from one side to the other	Demonstrates visually tracking object slowly moving vertically from chest level to above head	Demonstrates visually tracking an object slowly moving towards him/her	Demonstrates visually tracking an object and moves to receive object	Number of Criteria Completed		
Total Key Score										
Average										
Key Score							Level of Independence			

## Summary of Rudimentary Skills

Test Date: \_\_\_\_\_

### Physical Education Standards Based Assessment Tool

**Rudimentary Skill**

Student's Name: \_\_\_\_\_

Age \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Preferred Hand: \_\_\_\_\_

Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_

Title: \_\_\_\_\_

Specific Assistive Device: \_\_\_\_\_

Skill	Level of Independence	Skill	Level of Independence
Head Control		Range of Motion of Left Side	
Reaching		Weight Shift	
Grasp and Release		Rolling Body	
Sitting		Basic Locomotor Travel	
Squatting		Standing	
Push/Pull		Visual Perception	
Range of Motion of Right Side			

Average Score Level of Independence for Rudimentary Skills	
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4	Independent
3	Emerging Independence
2	Partially Dependent
1	Fully Dependent
N/C	Not Complete

### Circle Level of Independence

**Independent**

**Emerging Independence**

**Partially Dependent**

**Fully Dependent**

**Not Complete**

**Comments:** \_\_\_\_\_

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool****Fundamental Skills**

Student's Name: \_\_\_\_\_

Age \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Preferred Hand: \_\_\_\_\_

Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_

Title: \_\_\_\_\_

Specific Assistive Device: \_\_\_\_\_

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 Standard	Criteria Components						Fundamental Skill	Scoring	
Walking	1	Demonstrates walking with a wide base of support across a flat surface	Demonstrates walking with a narrow base of support across a flat surface	Demonstrates walking across changing surfaces	Demonstrates walking across surfaces with different elevations	Demonstrates changing directions smoothly while walking	Demonstrates changing speeds smoothly while walking		Number of Criteria Completed	
									Total Key Score	
									Average	
	Key Score								Level of Independence	

Skill	NASPE Standard	Criteria Components						Fundamental Skill	Scoring	
Running	1	Demonstrates speed walking as a pre-requisite to running	Demonstrates a wide base of support while running	Demonstrates a narrow base of support while running	Demonstrates avoiding obstacles and people while running	Demonstrates safely and smoothly changing directions while running	Demonstrates running for a pre-designated time period and/or distance		Number of Criteria Completed	
							Designated time or distance		Total Key Score	
							Performed time or distance		Average	
	Key Score								Level of Independence	

\*Full Physical Prompts should not be used for the Running Rubric\*

Skill	NASPE Standard	Criteria Components				Fundamental 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				Fundamental Skill		Scoring	
Bouncing a Ball	1, 2	Demonstrates dropping ball out of hands on cue	Demonstrates hurling a ball towards the ground	Demonstrates bouncing a ball downward in close proximity to feet	Demonstrates bouncing a ball downward and attempts to strike or catch it	Demonstrates bouncing a ball forward to a target or individual	Demonstrates bouncing a ball with control more than 2 consecutive times	Number of Criteria Completed	
								Total Key Score	
								Average	
	Key Score							Level of Independence	
Skill	NASPE Standards	Criteria Components				Fundamental Skill		Scoring	
Kicking a Ball	1, 2	Demonstrates extension of the leg	Demonstrates contacting a stationary ball with the foot	Demonstrates intentional contact with a stationary ball using the foot	Demonstrates swinging the leg back to front to strike a ball with the foot	Demonstrates kicking a ball with specific direction	Demonstrates kicking a ball towards a target	Number of Criteria Completed	
								Total Key Score	
								Average	
	Key Score							Level of Independence	
Skill	NASPE Standards	Criteria Components				Fundamental Skill		Scoring	
Striking with a Short Implement	1, 2	Demonstrates striking a stationary object with hand using a swinging arm motion	Demonstrates a strong grasp of a short striking implement	Demonstrates swinging a short handled implement towards an object	Demonstrates striking a stationary object with a short handled implement	Demonstrates striking a stationary object with a short handled implement towards a designated target	Demonstrates using a horizontal arm swing while striking object with a short handled implement	Number of Criteria Completed	
								Total Key Score	
								Average	
	Key Score							Level of Independence	

Skill	NASPE Standards	Criteria Components				Fundamental 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	
								Level of Independence			
	Key Score										
Skill	NASPE Standards	Criteria Components				Fundamental Skill		Scoring			
Spatial Awareness	1, 2	Visually attends to the environment	Demonstrates keeping body to self in a stationary position near peers and equipment	Demonstrates keeping body to self while slowly moving through space near peers and equipment	Demonstrates intentionally avoiding peers' personal space by changing direction	Demonstrates keeping body to self while quickly moving through space near peers and equipment	Demonstrates maintaining personal space when provided the designated activity location	Number of Criteria Completed			
								Total Key Score			
								Average			
								Level of Independence			
	Key Score										
Skill	NASPE Standards	Criteria Components				Fundamental Skill		Scoring			
Motorized Wheelchair Mobility <input type="checkbox"/> Check if Used		Maintains a body posture in place to engage with the wheelchair controls (i.e.: head or hand).	Engages with the wheelchair controls to move the chair forward for a few feet at a time.	Engages the wheelchair in a forward direction for over 100 feet without hesitation.	Engages the wheelchair to change direction and maneuver through open space.	Engages the wheelchair in a crowded space, moving around obstacles and people.	Engages the wheelchair to successfully engage in a physical activity.	Number of Criteria Completed			
								Total Key Score			
								Average			
								Level of Independence			
Manual Wheelchair Mobility <input type="checkbox"/> Check if Used	Key Score	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:			

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	Criteria Components			Fundamental Skill		Scoring		
Standing	1	Demonstrates maintaining standing for a designated time	<div><div></div></div>	Demonstrates maintaining standing balance while performing non-locomotor movements	Demonstrates maintaining standing balance while interacting with peers and/or objects	Demonstrates maintaining standing balance while manipulating objects	Demonstrates maintaining standing balance while moving	Number of Criteria Completed	
		Designated time						Total Key Score	
		Performed time						Average	
	Key Score						Level of Independence		

Skill	NASPE Standard	Criteria Components			Fundamental Skill		Scoring	
Non- Locomotor Movements	1	Demonstrates three non-locomotor movements from a sitting position	Demonstrates bending at the waist while in a standing position	Demonstrates stretching arms above the head while in a standing position	Demonstrates twisting side to side while in a standing position	Demonstrates sequencing two non-locomotor movements	Number of Criteria Completed	
							Total Key Score	
							Average	
	Key Score						Level of Independence	

Skill	NASPE Standard	Criteria Components			Fundamental Skill		Scoring	
Jumping	1	Demonstrates bending and extending the legs lifting up onto toes	Demonstrates jumping in place	Demonstrates jumping down from an elevated surface	Demonstrates jumping forward	Demonstrates jumping to complete a task	Number of Criteria Completed	
							Total Key Score	
			Consecutive jumps: _____	Elevated height of: _____	Distance of _____		Average	
	Key Score						Level of Independence	



Skill	NASPE Standards	Criteria Components			Fundamental Skill		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	
Skill	NASPE Standards	Criteria Components			Fundamental 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 – 8" ball in a forward motion	Demonstrates back to front arm swing, releasing the ball in a forward direction	Demonstrates tossing a ball forward towards a designated target	Number of Criteria Completed	
							Total Key Score	
							Average	
	Key Score						Level of Independence	
Skill	NASPE Standards	Criteria Components			Fundamental Skill		Scoring	
Throwing	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 high to low arm or hand swing with maximum personal range of motion, releasing the ball in a forward direction	Demonstrates throwing a ball forward towards a designated target	Demonstrates body rotation during throwing motion	Number of Criteria Completed	
							Total Key Score	
							Average	
	Key Score						Level of Independence	
Skill	NASPE Standards	Criteria Components			Fundamental Skill		Scoring	
Striking with a Long Implement	1, 2	Demonstrates striking a stationary object with hand using a swinging arm motion	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 towards a designated target	Number of Criteria Completed	
							Total Key Score	
							Average	
	Key Score						Level of Independence	

## Summary of Fundamental Skills

Test Date: \_\_\_\_\_

### Physical Education Standards Based Assessment Tool

**Fundamental Skill**

Student's Name: \_\_\_\_\_

Age \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Preferred Hand: \_\_\_\_\_

Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_

Title: \_\_\_\_\_

Specific Assistive Device: \_\_\_\_\_

Skill	Level of Independence	Skill	Level of Independence
Walking		Standing	
Running		Non-Locomotor Movements	
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 Implement	
Spatial Awareness			

Average Score Level of Independence for Fundamental Skills	
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4	Independent
3	Emerging Independence
2	Partially Dependent
1	Fully Dependent
N/C	Not Complete

**Circle Level of Independence**

**Independent**

**Emerging Independence**

**Partially Dependent**

**Fully Dependent**

**Not Complete**

**Comments:** \_\_\_\_\_

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool****Personal-Social Skills**

Student's Name: \_\_\_\_\_

Age \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Preferred Hand: \_\_\_\_\_

Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_

Title: \_\_\_\_\_

Specific Assistive Device: \_\_\_\_\_

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 Components						Personal-Social Skill		Scoring	
Dealing with Stress and Uneasiness	3, 5	Demonstrates tolerating various positions and postures	Demonstrates tolerating various auditory, visual, and tactile stimuli	Demonstrates accepting change to routine	Demonstrates accepting corrective feedback	Demonstrates a calming strategy or method	Demonstrates a positive behavioral change after strategy integrated	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	Criteria Components					Personal-Social Skill		Scoring	
Facial Expression	4, 5	Demonstrates imitation of facial expressions	Demonstrates appropriate body movements with emotions/facial expressions	Demonstrates utilization of facial expressions to communicate	Demonstrates a happy and sad face on command	Demonstrates empathy for others showing an unhappy facial expression	Number of Criteria Completed			
							Total Key Score			
							Average			
	Key Score						Level of Independence			

**Scoring for Level of Independence (Five Criteria of Components)**

<b>4</b>	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.
<b>3</b>	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.
<b>2</b>	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.
<b>1</b>	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.
<b>N/C</b>	Not Complete	3 or more of the essential components were not assessed

Skill	NASPE Standards	Criteria Components					Personal-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 Standards	Criteria Components					Personal-Social Skill		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			

Skill	NASPE Standards	Criteria Components					Personal-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 Components					Personal-Social Skill		Scoring	
Time Management	4	Demonstrates staying on task for a pre-designated time	Demonstrates waiting until instructed to begin a task	Demonstrates finishing a task when instructed	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			
		Designated time					Total Key Score			
		Performed time					Average			
	Key Score						Level of Independence			

Skill	NASPE Standard	Criteria Components					Personal-Social Skill		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 task	Demonstrates sharing equipment at conclusion of turn	Number of Criteria Completed			
							Total Key Score			
							Average			
	Key Score						Level of Independence			

Skill	NASPE Standards	Criteria Components					Personal-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			
							Average			
	Key Score						Level of Independence			

## Summary of Personal-Social Skills

Test Date: \_\_\_\_\_

### Physical Education Standards Based Assessment Tool

Personal-Social Skill

Student's Name: \_\_\_\_\_

Age \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Preferred Hand: \_\_\_\_\_

Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_

Title: \_\_\_\_\_

Specific Assistive Device: \_\_\_\_\_

Skill	Level of Independence	Skill	Level of Independence
Dealing with Stress and Uneasiness		Appropriate Behaviors	
Facial Expression		Time Management	
Social Interaction during Physical Activity		Turn Taking	
Value for Physical Activity		Advocate for Self	

Average Score Level of Independence for Personal-Social Skills	
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4	Independent
3	Emerging Independence
2	Partially Dependent
1	Fully Dependent
N/C	Not Complete

**Circle Level of Independence**

**Independent**

**Emerging Independence**

**Partially Dependent**

**Fully Dependent**

**Not Complete**

**Comments:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool****Introduction to Anatomy**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

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	Criteria Components					Introduction to Anatomy		Scoring	
External Body Part Identification	1, 2	Demonstrates imitation of body part identification	Demonstrates identification of 3 upper body parts	Demonstrates identification of 3 lower body parts	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			

Skill	NASPE Standards	Criteria Components					Introduction to Anatomy		Scoring	
Imitation of Body Movements	1, 2	Demonstrates imitating the actions of the entire group	Demonstrates imitation of stationary isolated movements for one body 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	Criteria Components					Introduction to Anatomy		Scoring	
Internal Body System Location	2	Demonstrates knowledge of the location of the stomach	Demonstrates knowledge for the location of the heart	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: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool**

**Introduction to Physiology**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

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

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 Components						Introduction to Physiology		Scoring	
Basic Physiology of Body Parts	1, 2	Demonstrates movement of the head for communication	Demonstrates two methods of arm movement	Demonstrates two uses for the hands	Demonstrates two methods of leg movement	Demonstrates two uses for the feet	Demonstrates changing combining upper and lower body movements to perform a task	Number of Criteria Completed			
								Total Key Score			
								Average			
	Key Score							Level of Independence			
Skill	NASPE Standards	Criteria Components						Introduction to Physiology		Scoring	
Producing Various External Reactions with the Body	1, 2	Demonstrates the trajectory for pushing a ball down	Demonstrates the trajectory for tossing a ball upward	Demonstrates the trajectory for throwing a ball over an object	Demonstrates the trajectory for rolling a ball under an object	Demonstrates creating more force for object manipulation	Demonstrates creating less force for object manipulation	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 (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 Components					Introduction to Physiology		Scoring	
Knowledge of Growth	2	Demonstrates knowledge for getting taller	Demonstrates knowledge for getting larger	Demonstrates knowledge for muscle growth	Demonstrates knowledge for age	Demonstrates knowledge for the difference between a baby, child, and adult	Number of Criteria Completed			
							Total Key Score			
							Average			
	Key Score						Level of Independence			

Skill	NASPE Standards	Criteria Components					Introduction to Physiology		Scoring	
Physiology of the Heart and Pulse	1, 2	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	Demonstrates knowledge that the heart continuously beats	Number of Criteria Completed			
							Total Key Score			
							Average			
	Key Score						Level of Independence			

Skill	NASPE Standards	Criteria Components					Introduction to Physiology		Scoring	
Physiology 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	Demonstrates controlled breathing during physical activity	Number of Criteria Completed			
							Total Key Score			
							Average			
	Key Score						Level of Independence			

\*Full Physical Prompts Should Not Be Used for the Physiology of the Lungs Rubric\*

## Summary of Introduction to Anatomy and Physiology

Test Date: \_\_\_\_\_

Physical Education Standards Based Assessment Tool

Introduction to Anatomy and Physiology

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

Skill (Anatomy)	Level of Independence	Skill (Physiology)	Level of Independence
External Body Part Identification		Basic Physiology of Body Parts	
Imitation of Body Movements		Producing Various External Reactions with the Body	
Internal Body System Location		Knowledge of Growth	
		Physiology of the Heart and Pulse	
		Physiology of the Lungs	

Average Score Level of Independence for Introduction to Anatomy		Average Score Level of Independence for Introduction to Physiology	
	Average Score Level of Independence for Introduction to Anatomy and Physiology		

4	Independent
3	Emerging Independence
2	Partially Dependent
1	Fully Dependent
N/C	Not Complete

**Circle Level of Independence**

Independent      Emerging Independence      Partially Dependent      Fully Dependent      Not Complete

Comments: \_\_\_\_\_

\_\_\_\_\_

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool****Wellness and Fitness**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

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 Components				Wellness and Fitness				Scoring	
Muscular Endurance Exercises	1, 3	Demonstrates an appropriate sitting position for a pre-designated time period	Demonstrates holding and moving multiple weighted objects from one spot to another	Demonstrates holding a weighted object for a pre-designated time period	Demonstrates wall push-ups	Demonstrates an isometric push-up or bridge for pre-designated time period	Demonstrates modified curl-ups	Number of Criteria Completed			
		Designated Time		Designated Time	Number Performed	Designated Time	Number Performed	Total Key Score			
		Performed Time		Performed Time		Performed Time		Average			
	Key Score							Level of Independence			

Skill	NASPE Standards	Criteria Components				Wellness and Fitness				Scoring	
Cardio-Respiratory Endurance	1, 3	Demonstrates a repetitive movement over time that aims to increase heart rate	Demonstrates an activity that produces an active heart rate	Demonstrates constant mobility at a moderate pace for a pre-designated time	Demonstrates constant mobility at a vigorous pace for a pre-designated time	Demonstrates constant mobility that exceeds pre-designated time period	Demonstrates the PACER test	Number of Criteria Completed			
		Write the time or miles performed below 20 Minutes = 1 Mile		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							Level of Independence			

Skill	NASPE Standards	Criteria Components					Wellness and Fitness	Scoring	
Flexibility of the Right Side	1, 3	Demonstrates touching own mouth with right hand	Demonstrates touching own nose with right hand	Demonstrates touching top of own head with right hand	Demonstrates touching back of neck with right hand	Demonstrates touching opposite scapula with right hand	Demonstrates performing the sit and reach back-saver exercise with straight right leg	Number of Criteria Completed	
		Write the number performed below						Total Key Score	
								Average	
	Key Score							Level of Independence	
Skill	NASPE Standards	Criteria Components					Wellness and Fitness	Scoring	
Flexibility of the Left Side	1, 3	Demonstrates touching own mouth with left hand	Demonstrates touching own nose with left hand	Demonstrates touching top of own head with left hand	Demonstrates touching back of neck with left hand	Demonstrates touching opposite scapula with left hand	Demonstrates performing the sit and reach back-saver exercise with straight left leg	Number of Criteria Completed	
		Write the number performed below						Total Key Score	
								Average	
	Key Score							Level of Independence	
<b>Scoring for Level of Independence (Five Criteria of Components)</b>									
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	Criteria Components					Wellness and Fitness	Scoring	
Agility	1, 2	Demonstrates maintaining balance while changing direction slowly	Demonstrates maintaining balance while changing direction slowly	Demonstrates changing speeds quickly	Demonstrates making a sharp turn around an obstacle	Demonstrates avoiding a chaser	Number of Criteria Completed		
							Total Key Score		
							Average		
	Key Score						Level of Independence		
Skill	NASPE Standards	Criteria Components					Wellness and Fitness	Scoring	
Fitness Plan Development	1, 3, 4, 5	Demonstrates fitness activities with a group	Demonstrates choosing a preferred fitness activity when given a choice of two	Demonstrates choosing 3 preferred fitness activities to create a personal plan	Demonstrates choosing an order for practicing the fitness plan	Demonstrates choosing a preferred lifetime activity from a list as a goal for the personal plan	Number of Criteria Completed		
							Total Key Score		
							Average		
	Key Score						Level of Independence		

## Summary of Wellness and Fitness

Test Date: \_\_\_\_\_

### Physical Education Standards Based Assessment Tool

### Wellness and Fitness

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

Skill	Level of Independence	Skill	Level of Independence
Muscular Endurance Exercises		Flexibility of the Left Side	
Cardio-Respiratory Endurance		Agility	
Flexibility of the Right Side		Fitness Plan Development	

Average Score Level of Independence for Wellness and Fitness	
--	--

4	Independent
3	Emerging Independence
2	Partially Dependent
1	Fully Dependent
N/C	Not Complete

### Circle Level of Independence

Independent      Emerging Independence      Partially Dependent      Fully Dependent      Not Complete

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool****Lifelong Physical Activity**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

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 Components						Lifelong Physical Activity		Scoring	
Bocce	1, 2, 5	Demonstrates propelling a bocce ball in a forward motion	Demonstrates identifying the pallina versus the bocce ball	Demonstrates propelling a bocce ball towards the pallina	Demonstrates the underhand toss of the bocce ball towards the pallina	Demonstrates rolling the bocce ball towards the pallina	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 Components						Lifelong Physical Activity		Scoring	
Miniature Golf	1, 2, 5	Demonstrates holding the club in a position that best suits for striking the ball	Demonstrates making a motion that swings the club	Demonstrates making a motion that swings the club striking the ball	Demonstrates propelling the ball towards the designated target	Demonstrates excitement/feeling of success when the ball gets to the desired location	Demonstrates pendulum swing with two hands on the club	Number of Criteria Completed			
								Total Key Score			
								Average			
	Key Score							Level of Independence			

Skill	NASPE Standards	Criteria Components				Lifelong 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 Components				Lifelong 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 Components				Lifelong 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 Components				Lifelong 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 Components						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	Criteria Components					Lifelong Physical Activity		Scoring	
Bowling	1, 2, 5	Demonstrates propelling the ball forward in the designated boundaries	Demonstrates the knowledge for the designated location to stand	Demonstrates excitement/feeling of success when knocking the target down	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			
							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	Criteria Components					Lifelong Physical Activity		Scoring	
Hiking/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, etc.)	Demonstrates locating objects in the environment that are symbolized on a map	Number of Criteria Completed			
							Total Key Score			
							Average			
	Key Score						Level of Independence			

Skill	NASPE Standards	Criteria Components					Lifelong 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			
							Total Key Score			
							Average			
	Key Score						Level of Independence			

Skill	NASPE Standards	Criteria Components					Lifelong Physical Activity		Scoring	
Dance	1, 2, 4, 5	Demonstrates excitement and enjoyment for moving to music	Demonstrates imitating singular movements to music	Demonstrates social interaction with others while dancing to music	Demonstrates continuous movement to a beat/rhythm	Demonstrates sequencing two movements to music	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 (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	Criteria Components					Lifelong Physical Activity	Scoring	
Croquet	1, 2, 5	Demonstrates maintaining standing balance	Demonstrates a functional grasp of the mallet	Demonstrates grasping and holding the mallet with two hands	Demonstrates initiating the pendulum swing of the mallet	Demonstrates using the mallet to strike the ball with enough force towards the next wicket or stake that the game is progressed	Number of Criteria Completed		
							Total Key Score		
							Average		
	Key Score						Level of Independence		

Skill	NASPE Standards	Criteria Components					Lifelong Physical Activity	Scoring	
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		
					Write the distance performed below	Pre-determined distance	Total Key Score		
						Performed distance	Average		
							Level of Independence		
	Key Score								

## Summary of Lifelong Physical Activity

Test Date: \_\_\_\_\_

### Physical Education Standards Based Assessment Tool

### Lifelong Physical Activity

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

Skill	Level of Independence	Skill	Level of Independence
Bocce		Roller Skating	
Miniature Golf		Bowling	
Horseshoes		Hiking/Orienteering	
Corn-hole		Speed Walking	
Racquet Sports		Dance	
Frisbee		Croquet	
		Cycling	

<b>Average Score Level of Independence for Lifelong Physical Activity</b>	
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<b>4</b>	Independent
<b>3</b>	Emerging Independence
<b>2</b>	Partially Dependent
<b>1</b>	Fully Dependent
<b>N/C</b>	Not Complete

### Circle Level of Independence

**Independent**

**Emerging Independence**

**Partially Dependent**

**Fully Dependent**

**Not Complete**

**Comments:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool**

**Adapted Aquatics: Tolerance and Range of Motion Checklist**

Student's Name: \_\_\_\_\_

Age \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_

Key Score					
Code	Performance		Code	Performance	
+	Tolerates		---	Doesn't Tolerate	
Code	Tolerates Water		Code	Tolerates Water	
	Tolerates drops of water on skin hand, arm or leg			Tolerates water splashing around them	
	Tolerates wet objects			Tolerates water splashing on them	
	Tolerates water on face			Tolerates submerging waist in the water	
	Tolerates hand or foot submerged into water			Tolerates submerging shoulders in the water	
				Tolerates ears in the water	
Range of Motion					
Body Movement		Right Side		Left Side	
Neck Extension					
Neck Flexion					
Shoulder Extension: Backward					
Shoulder Abduction: Upward					
Shoulder External Rotation: Lateral Raise					
Crosses Midline					
Elbow Extension					
Elbow Flexion					
Knee Extension					
Knee Flexion					
Hip Extension					
Hip Flexion					
Wrist Flexion					
Wrist Extension					
Ankle/Foot Flexion					
Ankle/Foot Extension					
<b>Comments:</b>					

Test Date: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool**

**Developmental Aquatics**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

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 Components						Developmental Aquatics		Scoring	
Weight Bearing	1, 3	Demonstrates weight bearing with feet against the side of the pool while on back	Demonstrates standing upright with feet in contact with bottom of pool holding onto stable stationary object	Demonstrates standing upright with feet in contact with bottom of pool without support	Demonstrates lifting knees in a reciprocal pattern to begin walking	Demonstrates performing 3 – 4 steps in walking pattern	Demonstrates maintaining balance while walking	Number of Criteria Completed			
								Total Key Score			
								Average			
	Key Score							Level of Independence			

Personal Flotation Device(s) Used: \_\_\_\_\_

Skill	NASPE Standards	Criteria Components						Developmental Aquatics		Scoring	
Stationary Position	1	Demonstrates maintaining upright sitting posture	Demonstrates standing in water	Demonstrates standing in water against turbulence	Demonstrates moving from a standing to a squatting 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			
								Average			
	Key Score							Level of Independence			

Personal Flotation Device(s) Used: \_\_\_\_\_

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

Personal Flotation Device(s) Used:

Skill	NASPE Standards	Criteria Components				Developmental Aquatics		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 Components				Developmental Aquatics		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: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool****Water Safety**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

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 Components						Water Safety	Scoring	
Entering the Pool	1	Demonstrates maintaining sitting upright in lift	Demonstrates scooting down the steps/ramp	Demonstrates going down the steps/ramp holding onto the railing	Demonstrates going down the steps/ramp	Demonstrates scooting in on stomach from the deck, feet first	Demonstrates using the ladder to get into the water		Number of Criteria Completed	
									Total Key Score	
									Average	
	Key Score								Level of Independence	

Personal Flotation Device(s) Used: \_\_\_\_\_

Skill	NASPE Standards	Criteria Components						Water Safety	Scoring	
Exiting the Pool	1	Demonstrates maintaining sitting upright in lift	Demonstrates going up the steps/ramp holding onto the railing	Demonstrates using the ladder to get out of the water	Demonstrates scooting/spider crawl to the shallow end and exits the pool	Demonstrates pushing up on the wall and holds from support	Demonstrates pushing up on the wall and turning to sit on side		Number of Criteria Completed	
									Total Key Score	
									Average	
	Key Score								Level of Independence	

Personal Flotation Device(s) Used: \_\_\_\_\_

Skill	NASPE Standards	Criteria Components						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 safely 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	

Personal Flotation Device(s) Used:

Skill	NASPE Standards	Criteria Components						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: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool****Fitness in the Water**

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

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 Components						Fitness in the Water		Scoring	
Locomotor Skills	1	Demonstrates walking forward and backwards	Demonstrates walking, marching or running in place	Demonstrates running forward and backwards	Demonstrates jumping forwards and backwards	Demonstrates turning/spinning in either direction	Demonstrates the slide step in either direction	Number of Criteria Completed			
								Total Key Score			
								Average			
	Key Score							Level of Independence			

Personal Flotation Device(s) Used: \_\_\_\_\_

Skill	NASPE Standards	Criteria Components						Fitness in the Water		Scoring			
Leg Exercises	1, 3	Demonstrates non-weight bearing leg extension and flexion	Demonstrates a pre-designated number of bicycle kicks	Demonstrates a pre-designated number of leg kicks forwards, backwards and sideways while holding the wall		Demonstrates a pre-designated number of leg squats		Demonstrates a pre-designated number of leg circles		Demonstrates leg kicks across the pool in a supine or prone position	Number of Criteria Completed		
			Designated Number		Designated Number: _____ Number Performed Below Forward – Backward - Sideways		Designated Number		Designated Number			Total Key Score	
			Performed				Performed		Performed			Average	
	Key Score										Level of Independence		

Personal Flotation Device(s) Used: \_\_\_\_\_

Skill	NASPE Standards	Criteria Components						Fitness in the Water		Scoring	
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	

Personal Flotation Device(s) Used:

Skill	NASPE Standards	Criteria Components						Fitness in the Water		Scoring	
Active Movement in Water	1, 3, 5	Demonstrates moving arms underwater for a pre-designated time period	Demonstrates moving legs underwater for a pre-designated time period	Demonstrates moving from the evaluator to a safe location	Demonstrates moving through the water for 10 feet	Demonstrates sculling for a pre-designated amount of time	Demonstrates engaging in play			Number of Criteria Completed	
		Designated Time		Designated Time		Designated Time				Total Key Score	
		Performed Time		Performed Time		Performed Time				Average	
										Level of Independence	
	Key Score										

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: \_\_\_\_\_

**Physical Education Standards Based Assessment Tool****Basic Swimming**

Student's Name: \_\_\_\_\_

Age \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Preferred Hand: \_\_\_\_\_

Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_

Title: \_\_\_\_\_

Specific Assistive Device: \_\_\_\_\_

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 Components						Basic Swimming		Scoring	
Back Float	1, 2, 3	Demonstrates floating on back with personal flotation device (PFD) on upper trunk	Demonstrates floating on back with arm floats	Demonstrates floating on back holding a free-floating support	Demonstrates floating on back with sculling or finning	Demonstrates floating on back from standing position	Demonstrates recovering to standing position from floating on back	Number of Criteria Completed			
								Total Key Score			
								Average			
	Key Score							Level of Independence			

Personal Flotation Device(s) Used: \_\_\_\_\_

Skill	NASPE Standards	Criteria Components						Basic Swimming		Scoring	
Flutter Kick	1, 2	Demonstrates sitting on side kicking legs in the water	Demonstrates sitting on side using a reciprocal leg kick in the water	Demonstrates laying with stomach on deck with the legs kicking in the water	Demonstrates flutter kick while holding onto the side of the wall	Demonstrates flutter kick while holding onto a free-floating support	Demonstrates performing a flutter kick to propel forward	Number of Criteria Completed			
								Total Key Score			
								Average			
	Key Score							Level of Independence			

Personal Flotation Device(s) Used: \_\_\_\_\_

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

Skill	NASPE Standards	Criteria 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		Demonstrates submerging the whole body in water and propelling		Number of Criteria Completed	
						Designated Time				Total Key Score	
						Performed Time				Average	
	Key Score									Level of Independence	

Personal Flotation Device(s) Used:

Skill	NASPE Standards	Criteria Components						Basic 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 flotation device for a pre-designated time period		Demonstrates the human stroke for a pre-designated time period		Number of Criteria Completed	
						Designated Time		Designated Time		Total Key Score	
						Performed Time		Performed Time		Average	
	Key Score									Level of Independence	

Personal Flotation Device(s) Used:

Personal Flotation 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 Education Standards Based Assessment Tool

### Aquatics

Student's Name: \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Preferred Hand: \_\_\_\_\_ Preferred Foot: \_\_\_\_\_

Examiner's Name: \_\_\_\_\_ Title: \_\_\_\_\_ Specific Assistive Device: \_\_\_\_\_

Developmental Aquatics		Water Safety		Fitness in the Water		Basic Swimming	
Skill	Level of Independence	Skill	Level of Independence	Skill	Level of Independence	Skill	Level of 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 Area		Active Movement in Water		Propulsion on Back	
Grasp and Release						Submerging	
						Human Stroke	

Average Score Level of Independence for Aquatics	
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4	Independent
3	Emerging Independence
2	Partially Dependent
1	Fully Dependent
N/C	Not Complete

### Circle Level of Independence

Independent

Emerging Independence

Partially Dependent

Fully Dependent

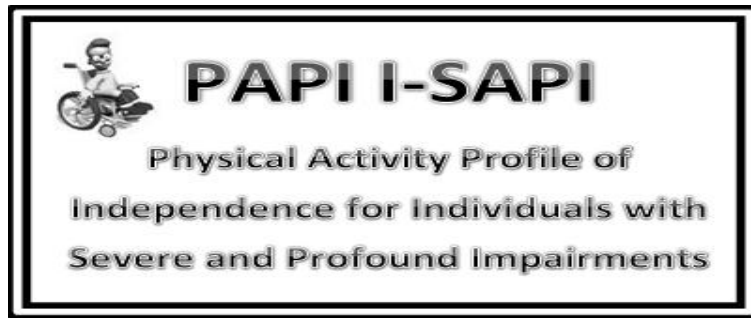
Not Complete

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Personal Fitness Plan



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**Name**

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**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 sending it back to school in your child's book bag**

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

*Check all that apply:*

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

Other:

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

*Check all that apply:*

<input type="checkbox"/>	Hiking/Walking	<input type="checkbox"/>	Bicycle Riding
<input type="checkbox"/>	Fishing	<input type="checkbox"/>	Running
<input type="checkbox"/>	Ice Skating/Roller Skating	<input type="checkbox"/>	Basketball
<input type="checkbox"/>	Bowling	<input type="checkbox"/>	Soccer
<input type="checkbox"/>	Lawn Games (Bocce or horseshoes)	<input type="checkbox"/>	Exercising at home/fitness center
<input type="checkbox"/>	Swimming	<input type="checkbox"/>	Play with balls/Frisbees

Other:

**Turn Over→**



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

*Check all that apply:*

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

Other:

**What activities do the brother(s)/sister(s) do in their free time?**

*Check all that apply:*

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

Other:

**What skills would you like your child 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: \_\_\_\_\_

 <p>Bocce</p>	 <p>Miniature Golf</p>	 <p>Run</p>
 <p>Walk</p>	 <p>Weight Exercise</p>	 <p>Stretching</p>
 <p>Swimming</p>	 <p>Dance</p>	 <p>Horseshoes/ Beanbag Toss</p>
 <p>Racquet Sports</p>	 <p>Bowling</p>	 <p>Frisbee</p>
 <p>Hiking</p>	 <p>Roller Skating</p>	 <p>Basketball</p>

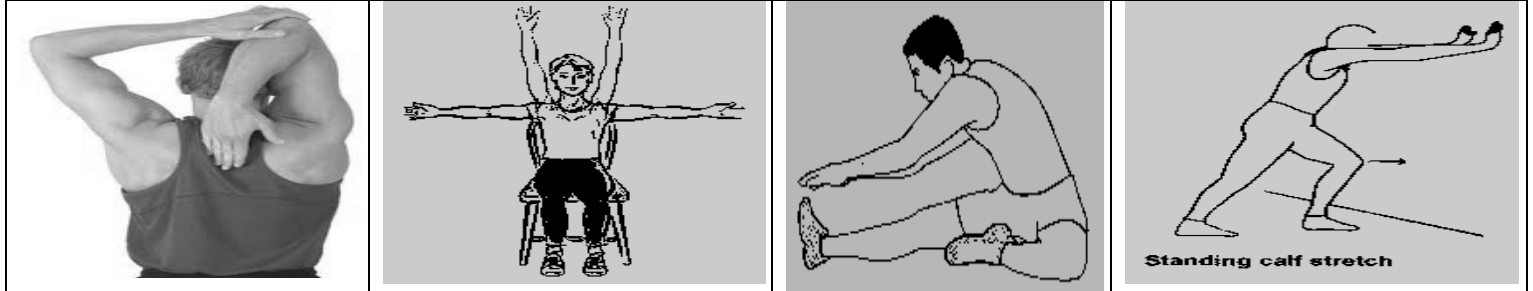
Other Activities:

## Personal Fitness Selection

Student's Name: \_\_\_\_\_

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

### Stretches



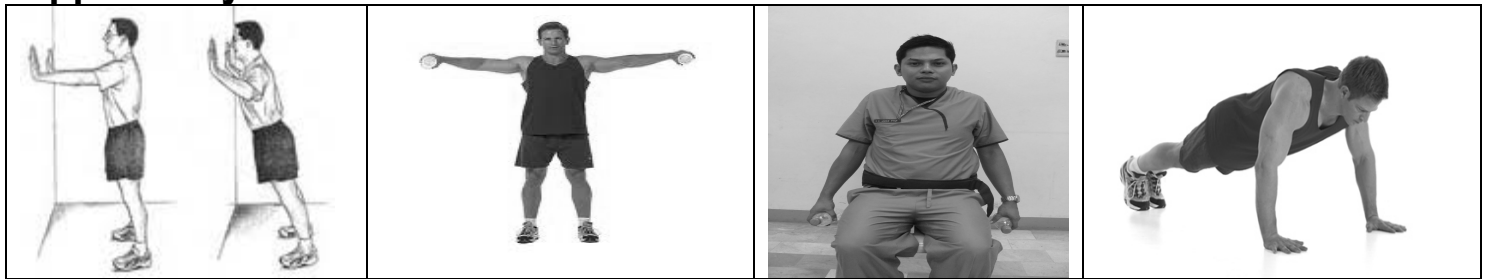
Shoulder Stretch

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



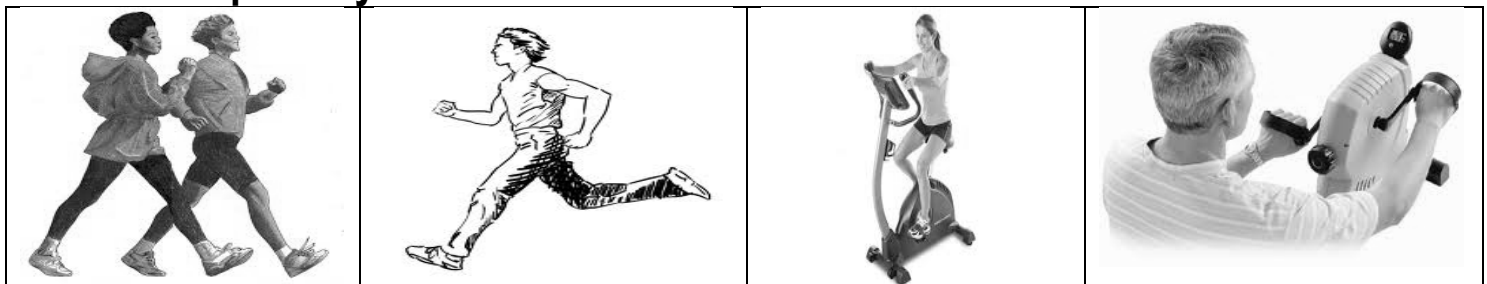
Lunges

Standing High Jump

Squats

Leg Lifts in Chair

### Cardio-Respiratory Exercise



Walking

Running

Stationary Bicycle

Hand Peddler/Ergometer

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

**Student's Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Height:** \_\_\_\_\_ feet \_\_\_\_\_ inches **Weight:** \_\_\_\_\_ lbs.

**Fitness Test(s) Administered:** \_\_\_\_\_ **Teacher:** \_\_\_\_\_

## Muscular Strength and Endurance

Exercise	Pre-Test	Prompts	Post-Test	Prompts
<b>Curl-Ups</b>  <input type="checkbox"/> Traditional <input type="checkbox"/> Modified	Date: _____	Independent	Date: _____  Score: _____	Independent
		Verbal/Visual		Verbal/Visual
	Score: _____	Partial Physical		Partial Physical

Comments: \_\_\_\_\_

Exercise	Pre-Test	Prompts	Post-Test	Prompts
<b>Push-Ups</b>  <input type="checkbox"/> Traditional <input type="checkbox"/> Modified  <input type="checkbox"/> Wall <input type="checkbox"/> Isometric	Date: _____	Independent	Date: _____  Score: _____	Independent
		Verbal/Visual		Verbal/Visual
	Score: _____	Partial Physical		Partial Physical

Comments: \_\_\_\_\_

## Flexibility

Exercise	Pre-Test	Prompts	Post-Test	Prompts
<b>Trunk Lift</b>	Date: _____	Independent	Date: _____  Score: _____	Independent
		Verbal/Visual		Verbal/Visual
	Score: _____			

Comments: \_\_\_\_\_

Exercise	Pre-Test	Prompts	Post-Test	Prompts	
<b>Back Saver Sit &amp; Reach</b>	Date: _____	Independent	Date: _____	Independent	
	Left      Right			Left      Right	
		Verbal/Visual			Verbal/Visual

Comments: \_\_\_\_\_

Exercise	Pre-Test	Prompts	Post-Test	Prompts	
<b>Modified Apley Test</b> Scoring: 1 = Mouth 2 = Top of Head 3 = Opposite Scapula	Date: _____	Independent	Date: _____	Independent	
	Left      Right	Verbal/Visual		Left      Right	Verbal/Visual
		Partial Physical			Partial Physical

Comments: \_\_\_\_\_

## Cardio-Respiratory Endurance

Exercise	Pre-Test	Prompts	Post-Test	Prompts
<b>Pacer or Target Aerobic Movement Test (TAMT)</b>  <input type="checkbox"/> 20 Meter <input type="checkbox"/> 15 Meter  <input type="checkbox"/> Ergometer <input type="checkbox"/> _____	Date: _____	Independent	Date: _____  Laps: _____  Time: _____	Independent
	Laps: _____	Verbal/Visual		Verbal/Visual
	Time: _____	Partial Physical		Partial Physical

Comments: \_\_\_\_\_