**ADAPTIVE PHYSICAL EDUCATION**

**SCREENING CHECKLIST**

**PRESCHOOL**

**(3 - 5 Years of Age)**

This tool is to be used by the evaluator for pre-school students with suspected gross motor difficulties.

**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**AGE \_\_\_\_\_\_\_\_\_\_\_ SEX \_\_\_\_\_\_\_\_ SCHOOL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TEACHER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PARENT’S NAMES \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PHONE # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ADDITIONAL COMMENTS, STUDENT BACKGROUND AND/OR MEDICAL INFORMATION\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TEST DIRECTIONS**: Score (1) Achieve: Zero (0) Not Achieved.

**GROSS MOTOR SCORING**

1. Steps off low object \_\_\_\_ **3 years old:**

2. Jumps down off low object \_\_\_\_ **scores 5 or less**

3. Jumps in place \_\_\_\_ qualifies for referral

4. Stand on one foot for 1-2 sec. \_\_\_\_ **scores 6 or more**

5. Runs 10 feet or more \_\_\_\_ does not qualify

6. Ascends steps with rail or support \_\_\_\_ **4 years old:**

7. Descends steps with rail or support \_\_\_\_ **scores 7 or less**

8. Seats self in chair \_\_\_\_ qualifies for referral

9. Pedals tricycle \_\_\_\_ **scores 8 or more**

10. Climbs on playground equipment \_\_\_\_ does not qualify

**5 years old:**

**OBJECT CONTROL scores 9 or less**

qualifies for referral

11. Stops rolling ball \_\_\_\_ **scores10 or more**

12. Traps bounced ball \_\_\_\_ does not qualify

13. Traps tossed ball \_\_\_\_

14. Throws ball or bean bag \_\_\_\_

15. Kicks playground ball \_\_\_\_

**TOTAL** \_\_\_\_

**ADAPTED PHYSICAL EDUCATION**

**SCREENING CHECKLIST**

**K – 6**

This screening checklist is to be used as an aid in identifying students who are experiencing difficulty in fine and gross motor movements. The items are developmentally appropriate for the age groups represented.

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB \_\_\_\_\_\_\_\_\_\_\_\_\_**

**AGE \_\_\_\_ SEX \_\_\_\_ SCHOOL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEACHER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PARENT NAME(S) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PHONE # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SCREENING DIRECTIONS**: Be sure that the student clearly understands the directions. Ability or inability to perform should be based upon the physical performance rather than the cognitive comprehension of the directions. Check one of the spaces located to the right of each item. Demonstrate or have another student demonstrate the item, unless otherwise directed.

**Grades K – 3 YES NO**

1. Can run 10 feet without falling \_\_\_\_ \_\_\_\_

2. Can walk forward on a straight line 4 steps without stepping off the line \_\_\_ \_\_\_

3. Can balance on preferred foot for 1 – 2 seconds \_\_\_\_ \_\_\_\_

4. Can jump in place \_\_\_\_ \_\_\_\_

5. Can kick a stationary playground ball in the direction of a partner \_\_\_\_ \_\_\_\_

6. Can bounce and catch a playground ball with both hands \_\_\_\_ \_\_\_\_

7. Can catch a playground ball using both hands \_\_\_\_ \_\_\_\_

8. Can toss a playground ball underhanded to a partner \_\_\_\_ \_\_\_\_

**Grades 4 – 6**

9. Can walk forward and backward heel to toe across a straight line \_\_\_\_ \_\_\_\_

10. Can balance on one foot with arms folded in front \_\_\_\_ \_\_\_\_

11. Can hop on right foot and left foot for 3 consecutive time’s \_\_\_\_ \_\_\_\_

12. Can skip, alternating feet \_\_\_\_ \_\_\_\_

13. Can kick a rolled playground ball in direction of a partner \_\_\_\_ \_\_\_\_

14. Can dribble a playground ball 3 times using one hand \_\_\_\_ \_\_\_\_

15. Can catch a tennis ball, tossed underhand from 8 feet away \_\_\_\_ \_\_\_\_

16. Can throw a tennis ball overhand to a partner \_\_\_\_ \_\_\_\_

**TOTAL** \_\_\_\_ \_\_\_\_

**A student should be referred for an Adaptive Physical Education assessment if the following criteria apply:**

**Years of age** **Grade** **Number of “No’s” Checked**

5 K 4 or more

6 1 3 or more

7 2 2 or more

8 3 1 or more

9 4 4 or more

10 5 2 or more

11 6 2 or more

**ADAPTED PHYSICAL EDUCATION**

**SCREENING TOOL**

**MIDDLE SCHOOL – HIGH SCHOOL**

This screening checklist is to serve as an aid in identifying students who are experiencing difficulty in fine and gross motor skill movements. The items used in this list are developmentally appropriate for the age groups represented.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age \_\_\_\_ Sex \_\_\_\_ School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Name(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Test Directions**: Be sure that the student clearly understands the directions. Ability or inability to perform should be based on the physical performance rather than the cognitive comprehension of the directions. Check one of the spaces located to the right of each item. Demonstrate or have another student demonstrate the item, unless otherwise directed.

**Yes** **No**

1. Can run 75 feet (25 yards) without falling \_\_\_\_ \_\_\_\_

2. Can walk forward on a straight line 5 steps without stepping off the line \_\_\_\_ \_\_\_\_

3. Can balance on preferred foot for 2 – 3 seconds \_\_\_\_ \_\_\_\_

4. Can jump in place 3 consecutive times \_\_\_\_ \_\_\_\_

5. Can kick a stationary playground ball in the direction of a partner \_\_\_\_ \_\_\_\_

6. Can dribble a ball 3 times using one hand \_\_\_\_ \_\_\_\_

7. Can catch a playground ball using both hands \_\_\_\_ \_\_\_\_

8. Can throw a tennis ball overhand to a partner 15 – 20 feet away \_\_\_\_ \_\_\_\_

9. Can strike a ball pitched to him/her from 8 – 10 feet away \_\_\_\_ \_\_\_\_

**An Adapted Physical Education assessment is referred if the student scores 2 or more “No’s” on the screen.**