Special Olympics
Young Athletes

Gross Motor Assessment Tool

Supplemental Guide

Gross Motor Skills for Classroom Implementation

Special Olympics Maryland

Young Athletes in Schools

Assessment Tool of Gross Motor Skills

The Young Athletes Program (YAP) is a gross motor program designed for children ages 2-7 developed by Special Olympics. Through participation in basic motor skills, YAP provides opportunities for peer interaction, social skills, following directions, and facilitated language activities.

After identifying a need for gross motor skills development in Pre-K and Early Childhood Intervention classrooms, Special Olympics Maryland has partnered with the Maryland State Department of Education Division of Early Intervention and Special Education Services to provide the Young Athletes Program at no cost to any school, community program or family. The result is a comprehensive gross motor curriculum geared to the holistic early childhood development of students.

Program Overview

- An eight-week program consisting of pre- and post-program assessments and six lesson plans. The weekly curriculum consists of three sections:
- **30-minute group class**
- **Identified segments and suggestions on implementation within classroom**
- **Modifications/adaptations for all ability levels**
- Educators identify the 'section' that best meets the needs of the classroom. The target goal is to implement all three, while understanding that unique needs and resources may influence the frequency of a section.
- The program is adaptable. YAP is structured to allow educators to meet the needs of their classrooms and students.

Resources

- **Equipment Kit:** each participating classroom receives a kit of equipment necessary to properly implement the program.
- **Curriculum Guide:** an easy-to-use guide which outlines the curriculum's three sections and describes how to implement them in the classroom.
- **Special Olympics Maryland (SOMD) Support:** throughout implementation, SOMD staff is available to assist in effectively delivering the curriculum.
- **Special Olympics Maryland Website:** www.SOMD.org

Gross Motor Assessment Tool

- An assessment tool has been developed to monitor the impact of the Young Athletes Program in the classroom
- Assessments should take place the first and last week of program implementation
- Students are screened on the following skills:
- **Social Emotional Learning Skills**
- **Balance**
- **Jump**
- **Catch an Object**
- **Underhand Toss**
- **Dynamic Balance in Motion**
- **Stationary Ball Kick**

Young Athletes Assessment Tool of Gross Motor Skills

Assessment Implementation

After introducing a new skill, the elevator will demonstrate the skill to the student. Each student will have two trials to attempt the skill. The evaluator will indicate the proper score based on the student's performance.

The evaluator must identify if a student is compliant to accomplish the skill.

Compliance does not monitor a student's skill/ability to complete the task, but rather **their willingness to attempt to demonstrate the skill.**

Grading Scale

- If a student is **not compliant**, please indicate a **"0"**
- If **compliant**, please indicate a **"1"**. The evaluator will ask the student to demonstrate the skill.
- If able to demonstrate the skill, mark **"1"**
- If unable to demonstrate the skill, mark **"0"**

Tally the score to the right and then add the total number for each skill.

- **NOTE:** If the student is non-compliant, the student scores a **"0"**
- For **Demonstration Level**, the student will only receive one score for each element.
- The **MAX** score is **50** if the student is compliant and demonstrates all skills.

Notes

- A student who receives more than 3 weeks of YAP lessons should be assessed
- A student who is absent on assessment day must be assessed upon return to school

Young Athletes Program – Gross Motor Skills Screening

Enter students' pre-test results in white column and post-test results in the grey column

Student	IEP	Social Emotional Learning		Balance		Jump		Catch an Ball		Underhand Toss		Dynamic Balance in Motion (Locomotor Skills)		Kicking a Stationary Ball		TOTAL PRE	TOTAL POST
Student A	X	*8*	*8*	*6*	*6*	*6*	*6*	*6*	*6*	*8*	*8*	*10*	*10*	*6*	*6*	***50***	***50***
Student B		*6*	*6*	*3*	*3*	*3*	*3*	*3*	*3*	*4*	*4*	*7*	*7*	*3*	*3*	***29***	***29***
Student C	X	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	***0***	***0***
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Skill: Social Emotional Learning									
	Follows classroom rules/routines		Listens to others and speaks appropriately		Cooperates with peers appropriately		Develops positive friendships with peers		
Student Name	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	**Total**
Student A	*1*	*1*	*1*	*1*	*1*	*1*	*1*	*1*	***8***
Student B	*1*	*1*	*1*	*0*	*1*	*0*	*1*	*1*	***6***
Student C	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	***0***
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Skill: Balance (Static and Dynamic)							
** Dominate foot will be whichever foot student picks up first*							
	Balances on dominant* foot for 5 seconds		Balances on non-dominant foot for 5 seconds		Walks on balance beam with one foot in front of the other for 10 feet		
Student Name	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	**Total**
Student A	*1*	*1*	*1*	*1*	*1*	*1*	***6***
Student B	*1*	*1*	*1*	*0*	*0*	*0*	***3***
Student C	*0*	*0*	*0*	*0*	*0*	*0*	***0***
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Skill: Jump							
	Demonstrates "ready position" (knees flexed and have a bend)		Jumps forward (arms extended forward and upward)		Jumps up (both feet come off the floor together and land together)		
Student Name	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	**Total**
Student A	*1*	*1*	*1*	*1*	*1*	*1*	***6***
Student B	*1*	*1*	*0*	*0*	*1*	*0*	***3***
Student C	*0*	*0*	*0*	*0*	*0*	*0*	***0***
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Skill: Catch a Ball							
	Demonstrates "ready position" with hands positioned in front of the body and elbows flexed		Extends arms to reach for ball as it arrives		Catches ball with hands		
Student Name	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	**Total**
Student A	*1*	*1*	*1*	*1*	*1*	*1*	***6***
Student B	*1*	*1*	*1*	*0*	*0*	*0*	***3***
Student C	*0*	*0*	*0*	*0*	*0*	*0*	***0***
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Skill: Underhand Toss									
** Opposite foot is determined by dominate hand. If student is throwing with right hand, student will step towards target with left foot, and vice versa*									
	Demonstrates "ready position" with hands in front of the body and elbows flexed		Steps with opposite foot towards target*		Moves tossing arm in pendulum motion (tick tock) while tossing ball in direction of target		Demonstrates follow-through with tossing arm in low to high motion		
Student Name	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	**Total**
Student A	*1*	*1*	*1*	*1*	*1*	*1*	*1*	*1*	***8***
Student B	*1*	*1*	*1*	*0*	*0*	*0*	*1*	*0*	***4***
Student C	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	***0***
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Skill: Dynamic Balance in Motion (Locomotor Skills)											
**Galloping is the stepping forward with a lead foot, followed with the trailing foot landing beside or a little behind the lead foot*											
	Maintains balance while walking		Maintains balance while hopping		Maintains balance while galloping*		Maintains balance while running		Maintains balance while sliding (side-stepping)		
Student Name	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	**Total**
Student A	*1*	*1*	*1*	*1*	*1*	*1*	*1*	*1*	*1*	*1*	***10***
Student B	*1*	*1*	*1*	*1*	*0*	*0*	*1*	*0*	*1*	*1*	***7***
Student C	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	*0*	***0***
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Skill: Stationary Ball Kick							
	Moves towards stationary ball on the floor		Places non-kicking foot close to stationary ball		Kicks ball with instep or inside of preferred foot (not with toes)		
Student Name	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	Compliance Level	Demonstration Level	**Total**
Student A	*1*	*1*	*1*	*1*	*1*	*1*	***6***
Student B	*1*	*1*	*0*	*0*	*1*	*0*	***3***
Student C	*0*	*0*	*0*	*0*	*0*	*0*	***0***
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