Special Olympics
Young Athletes

Gross Motor Assessment Tool

Supplemental Guide

Gross Motor Skills for Future Champions

For instruction on how to fill out the assessment tool please refer to page 33

Special Olympics Maryland

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	IFSP/504B/IEP	Social Emotional Learning		Balance		Jump		Catch an Ball		Throwing		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									
	Repeats activity that elicits positive response from others		Shows pride in accomplishment		Makes a choice for certain toys, activities, or places		Requests help when needed		
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*							
	Maintains balance kneeling while playing with toy		Picks up toy by squatting to stand		Walks heel to toe for four steps		
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							
	Adult supported bouncing		Takes three jumps with both feet off the ground		Jumps forward for three hops		
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							
	With medium/large size ball (ex. beachball) can trap ball with body		Extends arms in front of body, in an attempt, to catch ball		Catches ball from three feet away after adult throws the ball underhand.		
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: Throwing							
	Pushes with hands medium/large ball forward towards receiving partner while seated		Holds medium/large ball with both hands and releases		Throws medium/large ball overhand 3 ft in the air		
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*	*1*	*0*	***4***
Student C	*0*	*0*	*0*	*0*	*0*	*0*	***0***
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Skill: Locomotor Skills							
	Takes 4 steps forward with both feet flat on floor		Walks up 4 steps with support from wall/rail. If needed for additional support, an adult can provide a hand as well		Takes controled steps backwards for 10 ft.		
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*	*1*	***4***
Student C	*0*	*0*	*0*	*0*	*0*	*0*	***0***
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Skill: Stationary Ball Kick							
	Lifts foot and contacts ball		Kicks ball while child moves forward		While maintaining balance, kicks ball in stationary position (video provided for example)		
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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