

Physical Development: Gross Motor

Recording Symbols

- ☐ Not administered
- ☐ Administered but did not receive credit
- ☒ Received credit

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A-1 Supine Position Skills (page 3)

^{0m} 1. Turns head in both directions																									
2. Rolls partway onto side																									
3. Rolls from side to back ^{2m}																									
4. Bends and straightens arms and legs																									
5. Holds head steady in midline ^{4m}																									
6. Rolls from back to side																									
7. Has no head lag when pulled to a sitting position																									
8. Kicks feet vigorously in air for play																									
9. Grasps feet with hands																									
10. Rolls from back to stomach ^{6m}																									
11. Transfers an object from one hand to the other																									
12. Reaches and grasps with one hand (using both hands equally well)																									
13. Lifts head																									
14. Bangs and shakes an object that makes noise ^{9m}																									

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A-2 Prone Position Skills (page 5)

^{0m} 1. Lifts head slightly																									
2. Lifts head ninety degrees																									
3. Raises chest with elbow and forearm support ^{4m}																									
4. Reaches while supported on one elbow																									
5. Rolls from stomach to back																									
6. Pivots/Turns on stomach ^{6m}																									
7. Creeps, pulling body forward while on stomach																									
8. Moves about on hands and knees (or scoots on bottom) ^{9m}																									
9. Changes from crawling position to sitting position ^{12m}																									

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A-3 Sitting Position Skills (page 7)

^{0m} 1. Steadies head (when held to shoulder)																									
2. Sits with head set forward with some control (in a supported sitting position)																									
3. Steadies head (in a supported sitting position) ^{4m}																									
4. Attempts to correct balance when tilted (in a supported sitting position)																									
5. Sits when propped with support																									
6. Sits briefly unsupported ^{6m}																									
7. Sits steadily with little risk of losing balance																									
8. Reaches out or extends arms when falling forward from a sitting position																									
9. Sits erect and unsupported for five minutes																									
10. Pivots/Turns on bottom																									
11. Goes from a sitting position to a crawling position without losing balance																									
12. Gets into a sitting position independently ^{9m}																									
13. Sits with enough balance and support to free hands for an activity ^{12m}																									
14. Rolls a playground ball while sitting ^{15m}																									

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A-4 Upright Position Skills (page 9)

^{4m} 1. Briefly supports a small fraction of their weight (in a supported standing position)																									
2. Lifts one foot to make a stepping movement (in a supported standing position)																									
3. Briefly supports approximately half their weight (in a supported standing position) ^{6m}																									
4. Supports most of their weight (in a supported standing position)																									
5. Supports their full weight when placed in a balanced position																									
6. Stands while holding on to an object for support																									
7. Walks with both hands held ^{9m}																									
8. Pulls to a standing position ^{12m}																									
9. Walks with one hand held																									
10. Gets to a standing position without support ^{15m}																									
11. Stands on preferred foot with one hand held for five seconds																									
12. Stands on other foot with one hand held for five seconds ^{2y}																									

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A-5 Walking and Standing (page 12)

^{9m} 1. Walks independently with hands high (near chest or shoulders) to aid balance																									
2. Walks independently without frequent falling ^{18m}																									
3. Walks independently with hands low (at sides) and rarely falls																									
4. Walks sideways two steps in both directions ^{2y}																									
5. Walks independently with arms swinging																									
6. Stands on tiptoes momentarily																									
7. Stands on preferred foot momentarily (even if not well balanced)																									
8. Stands on other foot momentarily (even if not well balanced) ^{2y6m}																									
9. Walks backward two steps																									
10. Walks on tiptoes three steps ^{3y}																									
11. Walks backward four steps																									
12. Walks on tiptoes four steps																									
13. Walks backward a distance of 6 feet (2 m)																									
14. Stands on preferred foot for one second																									
15. Stands on other foot for one second ^{3y6m}																									
16. Walks on a straight line a distance of 6 feet (2 m) ^{4y}																									
17. Walks forward heel-to-toe three steps																									
18. Walks forward heel-to-toe four steps																									
19. Walks forward heel-to-toe five steps																									
20. Stands on preferred foot for five seconds																									
21. Stands on other foot for five seconds																									
22. Walks forward heel-to-toe on a straight line a distance of 6 feet (2 m) ^{5y}																									
23. Walks backward toe-to-heel four steps																									
24. Stands on preferred foot for ten seconds																									
25. Stands on other foot for ten seconds ^{6y}																									
26. Walks backward toe-to-heel a distance of 6 feet (2 m) ^{7y6m}																									

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A-7 Running, Galloping, and Skipping (page 16)

^{12m} 1. Runs with each foot leaving the ground, perhaps falling often ^{2y}																									
2. Runs well without much falling ^{2y6m}																									
3. Runs well, avoiding obstacles ^{3y}																									
4. Runs with good running form (with flight phase, leaning forward, arms swinging at sides)																									
5. Step-hops on one foot ^{5y}																									
6. Gallops, perhaps inefficiently																									
7. Runs 50 yards (45 m) in fifteen seconds																									
8. Gallops skillfully, without difficulty																									
9. Skips skillfully, without difficulty ^{6y}																									
10. Runs 50 yards (45 m) in twelve seconds ^{7y}																									

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A-8 Jumping (page 18)

^{12m} 1. Attempts to jump with one hand held																									
2. Attempts to jump (feet do not leave the ground) ^{2y}																									
3. Jumps (at least one foot leaves the ground)																									
4. Jumps off the ground with both feet																									
5. Jumps over a small object ^{2y6m}																									
6. Jumps with both feet together (broad-jumps) a distance of 2 inches (5 cm)																									
7. Jumps in place four times ^{3y}																									
8. Jumps with both feet together (broad-jumps) over an object or string 2 inches (5 cm) high																									
9. Jumps with both feet together (broad-jumps) a distance of 10 inches (25 cm) ^{4y}																									
10. Jumps forward ten consecutive times																									
11. Jumps backward once ^{5y6m}																									
12. Jumps backward two or more consecutive times ^{6y}																									
13. Jumps rope three consecutive times																									
14. Jumps rope ten consecutive times ^{7y}																									

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A-9 Hopping (page 20)

^{2y} 1. Hops once on preferred foot with one hand held																									
2. Hops once on other foot with one hand held ^{3y}																									
3. Hops one hop on preferred foot																									
4. Hops one hop on other foot																									
5. Hops two hops on preferred foot ^{4y}																									
6. Hops two hops on other foot ^{4y6m}																									
7. Hops three hops on preferred foot																									
8. Hops three hops on other foot																									
9. Hops five hops on preferred foot ^{6y}																									
10. Hops five hops on other foot																									
11. Hops a distance of 10 feet (3 m) on preferred foot																									
12. Hops a distance of 10 feet (3 m) on other foot																									
13. Hops a distance of 50 feet (15 m) on preferred foot ^{7y11m}																									

A-10 Kicking (page 22)

^{18m} 1. Kicks a playground ball by pushing foot against it but without using a backward leg swing ^{2y}																									
2. Kicks a playground ball, flexing lower leg on backward swing with little or no movement of the arm in opposition to the leg																									
3. Walks up to and kicks a stationary playground ball ^{3y}																									
4. Kicks a playground ball with definite backward and forward leg swing and with definite arm movement in opposition to the leg ^{4y}																									
5. Does a coordinated kick with good backward and forward leg swing, movement of the arm in opposition to the leg, and follow-through ^{6y}																									
6. Runs forward and kicks a rolled playground ball ^{7y}																									

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A-11 Balancing on a Beam (page 24)

^{18m} 1. Walks 6 feet (2 m) on a balance beam with both hands held ^{2y}																									
2. Stands heel-to-toe on a balance beam independently ^{3y}																									
3. Walks 6 feet (2 m) on a balance beam, perhaps using their arms to aid balance ^{4y}																									
4. Walks 6 feet (2 m) on a balance beam with hands at sides ^{5y}																									
5. Walks 6 feet (2 m) on a balance beam heel-to-toe ^{6y}																									
6. Walks backward 6 feet (2 m) on a balance beam toe-to-heel ^{7y}																									

A-12 Throwing (page 26)

^{18m} 1. Throws a tennis ball forward ^{2y}																									
2. Throws a playground ball with both hands from an overhead position ^{3y}																									
3. Throws a playground ball by holding the ball above the shoulders, with almost exclusive arm movement ^{4y}																									
4. Throws a tennis ball a distance of 10 feet (3 m)																									
5. Throws a playground ball by holding the ball behind the head, with horizontal rotation of the body and with feet stationary ^{5y}																									
6. Throws a playground ball by holding the ball behind the head, with body rotation and with a forward step																									
7. Throws a tennis ball a distance of 20 feet (6 m) ^{6y}																									
8. Throws with skilled form ^{7y}																									

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A-13 Catching (page 28)

^{2y} 1. Catches a bounced playground ball by hugging it to the body ^{3y}																									
2. Catches a bounced playground ball with hands and chest																									
3. Catches a thrown playground ball by scooping under the ball and trapping it to the chest ^{4y}																									
4. Catches a bounced playground ball with both hands																									
5. Catches a thrown playground ball with hands and chest ^{5y}																									
6. Catches a thrown playground ball with both hands and with arms extended																									
7. Catches a bounced tennis ball with both hands																									
8. Catches a thrown tennis ball with both hands ^{6y}																									
9. Catches a thrown tennis ball with one hand ^{7y}																									