

Comprehensive Skill Sequences

Student's Name: _____ Date: _____

The Comprehensive Skill Sequences are detailed lists of developmentally sequenced skills that include the milestone skills from the corresponding assessments as well as additional intermediate skills. Augmenting an evaluation by assessing the intermediate skills from the Comprehensive Skill Sequences can help pinpoint a student's current strengths and needs along a broader skill continuum and track their ongoing progress in smaller incremental steps.

A Comprehensive Skill Sequence includes the skills in a specific assessment (listed as **bolded** milestone skills) as well as intermediate (secondary) skills. The numeral in parentheses that follows a milestone skill indicates the item number of the skill in the assessment and in the Record Book. The intermediate skills do not appear in the Record Book. Educators can reproduce relevant skill sequences and circle the item numbers for skills the student demonstrates.

The Comprehensive Skill Sequences are marked with age notations to reflect a general developmental sequence. For more information about age notations, see page i-17.

A-1C SUPINE POSITION SKILLS

See pages 3–4 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-1 Supine Position Skills.

- ^{0m} 1. Has rooting reflex—turns head when cheek is stroked
2. Fists and clenches hands on contact
3. Flares hands slightly as arms extend
4. Holds head predominantly to side
5. **Turns head in both directions (1)**
6. **Rolls partway onto side (2)**
7. Thrusts legs in play—kicks feet alternately
8. Thrusts arms in play
9. Visually follows past midline
10. Increases activity when feeding is anticipated
11. Turns head vigorously
12. **Rolls from side to back (3)^{2m}**
13. Looks at hands or objects in hands
14. **Bends and straightens arms and legs (4)**
15. Brings hands to mouth
16. Takes object in hand to mouth for sucking
17. **Holds head steady in midline (5)**
18. Has symmetrical arm movement
19. Reaches for object and misses
20. Retains objects placed in each hand
21. Plays with hands and fingers
22. Has only a slight head lag when pulled to sitting position^{4m}
23. Plays with own feet and toes
24. **Rolls from back to side (6)**
25. **Has no head lag when pulled to a sitting position (7)**
26. Brings hands to midline
27. Has hands predominantly open
28. **Kicks feet vigorously in air for play (8)**
29. **Grasps feet with hands (9)**
30. Helps when pulled to sitting position
31. Places both hands on toy at midline
32. Pats an object, such as a bottle or doll
33. Has bilateral arm and leg movement
34. **Rolls from back to stomach (10)^{6m}**
35. Reaches for and takes desired object in view
36. Rotates wrist
37. **Transfers an object from one hand to the other (11)**
38. **Reaches and grasps with one hand (using both hands equally well) (12)**
39. **Lifts head (13)**
40. Lifts head and shoulders off a surface
41. Retains first object in hand when second object is offered
42. **Bangs and shakes an object that makes noise (14)^{9m}**

A-2C PRONE POSITION SKILLS

See pages 5–6 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-2 Prone Position Skills.

- ^{0m} 1. **Lifts head slightly (1)**
2. Lifts head forty-five degrees momentarily
3. Moves head from side to side
4. **Lifts head ninety degrees (2)**
5. Extends arms, legs, head, and trunk to swimming position
6. **Raises chest with elbow and forearm support (3)**^{4m}
7. **Reaches while supported on one elbow (4)**
8. **Rolls from stomach to back (5)**
9. **Pivots/Turns on stomach (6)**^{6m}
10. Supports most of weight on hands
11. Bears weight on one hand
12. Rocks forward and backward in all-fours position
13. **Creeps, pulling body forward while on stomach (7)**
14. Creeps backward
15. Assumes a low crawling position
16. Creeps or crawls evenly (symmetrically) with both sides of body (one side does not lag)
17. Assumes a high crawling position
18. Plays with toys in an asymmetrical half-sitting, half-side-lying position
19. **Moves about on hands and knees (or scoots on bottom) (8)**^{9m}

20. **Changes from crawling position to sitting position (9)**

21. Reaches for object with weight on one arm^{12m}

A-3C SITTING POSITION SKILLS

See pages 7–8 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-3 Sitting Position Skills.

- ^{0m} 1. Sits with head sagging forward (in a supported sitting position)
2. **Steadies head (when held to shoulder) (1)**
3. **Sits with head set forward with some control (in a supported sitting position) (2)**
4. **Steadies head (in a supported sitting position) (3)**^{4m}
5. Holds head erect (in a supported sitting position)
6. **Attempts to correct balance when tilted (in a supported sitting position) (4)**
7. **Sits when propped with support (5)**
8. Holds head steady when gently pulled by arms to sitting position
9. **Sits briefly unsupported (6)**^{6m}
10. Holds trunk steady when held
11. **Sits steadily with little risk of losing balance (7)**
12. **Reaches out or extends arms when falling forward from a sitting position (8)**
13. Reaches for object when sitting

14. Sits in a high chair when propped with support
15. Sits in a high chair without support
16. Sits briefly with hands free to manipulate
17. **Sits erect and unsupported for five minutes (9)**
18. Turns head and shoulders in a sitting position without losing balance
19. **Pivots/Turns on bottom (10)**
20. **Goes from a sitting position to a crawling position without losing balance (11)**
21. **Gets into a sitting position independently (12)**^{9m}
22. Leans forward from a sitting position and returns to original position
23. Leans over to reach for a toy and returns to original position
24. Reaches for an object without tumbling over
25. **Sits with enough balance and support to free hands for an activity (13)**^{12m}
26. **Rolls a playground ball while sitting (14)**^{15m}

A-4C UPRIGHT POSITION SKILLS

See pages 9–10 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-4 Upright Position Skills.

- ^{0m} 1. Has stepping reflex—moves feet in a stepping motion when held upright with feet against a surface ^{2m}
2. Pushes down on legs when feet are on a surface ^{4m}
3. **Briefly supports a small fraction of their weight (in a supported standing position) (1)**
4. **Lifts one foot to make a stepping movement (in a supported standing position) (2)**
5. **Briefly supports approximately half their weight (in a supported standing position) (3)** ^{6m}
6. When supported under arms, stands and moves body up and down while stamping feet alternately
7. **Supports most of their weight (in a supported standing position) (4)**
8. **Supports their full weight when placed in a balanced position (5)**
9. Bounces actively
10. Stands with help
11. Lifts foot when hand is held
12. **Stands while holding on to an object for support (6)**
13. Makes stepping movement
14. Walks sideways while holding on to furniture

15. Pulls to a kneeling position
16. **Walks with both hands held (7)** ^{9m}
17. **Pulls to a standing position (8)** ^{12m}
18. **Walks with one hand held (9)**
19. Stands alone with little support
20. Stands unsupported momentarily
21. Stands unsupported for five seconds
22. Stands unsupported and lifts one foot
23. Stoops (bending hips and back) to pick up an object while holding on to a support
24. Removes hands from support and stands independently
25. Walks forward while holding on to furniture
26. Stands alone well
27. Stoops to pick up an object without losing balance
28. Stands with broad stance
29. Stands with normal stance
30. **Gets to a standing position without support (10)** ^{15m}
31. **Stands on preferred foot with one hand held for five seconds (11)**
32. Squats (bending knees and hips) to pick up an object from floor, then stands up
33. Stoops and returns to standing position without support
34. Stands with heels together
35. **Stands on other foot with one hand held for five seconds (12)** ^{2y}

A-5C WALKING AND STANDING

See pages 12–14 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-5 Walking and Standing.

- ^{9m} 1. **Walks independently with hands high (near chest or shoulders) to aid balance (1)**
2. Walks with broad stance
3. Walks with knees slightly bent and shoulders slightly hunched
4. Walks with arms at sides
5. **Walks independently without frequent falling (2)** ^{18m}
6. **Walks independently with hands low (at sides) and rarely falls (3)**
7. **Walks sideways two steps in both directions (4)** ^{2y}
8. Walks carrying a large toy
9. **Walks independently with arms swinging (5)**
10. **Stands on tiptoes momentarily (6)**
11. **Stands on preferred foot momentarily (even if not well balanced) (7)**
12. **Stands on other foot momentarily (even if not well balanced) (8)** ^{2y6m}
13. **Walks backward two steps (9)**
14. **Walks on tiptoes three steps (10)** ^{3y}
15. **Walks backward four steps (11)**
16. **Walks on tiptoes four steps (12)**
17. Walks fast
18. **Walks backward a distance of 6 feet (2 m) (13)**

19. Walks with care to avoid obstacles in path
20. **Stands on preferred foot for one second (14)**
21. **Stands on other foot for one second (15)**^{3y6m}
22. **Walks on a straight line a distance of 6 feet (2 m) (16)**^{4y}
23. **Walks forward heel-to-toe three steps (17)**
24. **Walks forward heel-to-toe four steps (18)**
25. **Walks forward heel-to-toe five steps (19)**
26. Walks with more skilled, mature movements—no longer needs to watch feet or use arms and hands for balance
27. Walks a circular 2-inch-wide (5 cm wide) line
28. **Stands on preferred foot for five seconds (20)**
29. **Stands on other foot for five seconds (21)**
30. **Walks forward heel-to-toe on a straight line a distance of 6 feet (2 m) (22)**^{5y}
31. **Walks backward toe-to-heel four steps (23)**
32. **Stands on preferred foot for ten seconds (24)**
33. **Stands on other foot for ten seconds (25)**
34. Stands on one foot for one second with eyes closed

35. Stands on other foot for one second with eyes closed
36. Walks scissor steps across a 2-inch-wide (5 cm wide) line a distance of 6 feet (2 m)^{6y}
37. Stands heel-to-toe for five seconds
38. Stands on preferred foot for fifteen seconds
39. **Walks backward toe-to-heel a distance of 6 feet (2 m) (26)**^{7y6m}

A-6C STAIR CLIMBING

See page 15 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-6 Stair Climbing.

- ^{12m} 1. **Climbs up stairs, keeping at least one hand and one foot or knee on the stairs at all times (1)**
2. **Climbs down stairs backward, keeping at least one hand and one foot or knee on the stairs at all times (2)**
3. Climbs onto furniture, such as a low couch
4. Climbs in and out of an adult chair
5. Climbs on low play equipment
6. **Walks up stairs with one hand held (3)**
7. **Walks down stairs with one hand held (4)**^{18m}
8. **Walks up stairs independently with both feet coming together on each step (5)**^{2y}
9. **Walks down stairs independently with both feet coming together on each step (6)**^{3y}

10. **Walks up stairs, alternating feet, with one hand held (7)**
11. **Walks down stairs, alternating feet, with one hand held (8)**^{3y6m}
12. Climbs on top of jungle gym but may have difficulty getting down
13. **Walks up stairs independently, alternating feet, perhaps holding rail (9)**^{4y}
14. Climbs up and down jungle gym
15. Climbs ladder of low play equipment
16. **Walks down stairs independently, alternating feet, perhaps holding rail (10)**^{4y6m}
17. Safely walks up stairs, carrying object in one hand, without holding rail
18. Safely walks down stairs, carrying object in one hand, without holding rail^{5y}
19. Safely walks up and down stairs, carrying objects in both hands^{6y}

A-7C RUNNING, GALLOPING, AND SKIPPING

See pages 16–17 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-7 Running, Galloping, and Skipping.

- ^{12m} 1. Walks hurriedly with no flight phase (i.e., one or the other foot is in contact with the ground)
2. **Runs with each foot leaving the ground, perhaps falling often (1)**^{2y}
3. **Runs well without much falling (2)**^{2y6m}
4. **Runs well, avoiding obstacles (3)**^{3y}
5. Runs without looking at feet
6. Runs smoothly, changing speed at times
7. Runs, leaning forward with most of weight on toes and with observable flight phase (i.e., neither foot is in contact with the ground)
8. Runs lightly on toes with definite flight phase and with support leg extended completely
9. **Runs with good running form (with flight phase, leaning forward, arms swinging at sides) (4)**
10. **Step-hops on one foot (5)**^{5y}
11. **Gallops, perhaps inefficiently (6)**
12. **Runs 50 yards (45 m) in fifteen seconds (7)**
13. Starts running, turns, and stops well enough to participate in running games
14. **Gallops skillfully, without difficulty (8)**
15. **Skips skillfully, without difficulty (9)**^{6y}
16. **Runs 50 yards (45 m) in twelve seconds (10)**^{7y}

A-8C JUMPING

See pages 18–19 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-8 Jumping.

- ^{12m} 1. **Attempts to jump with one hand held (1)**
2. **Attempts to jump (feet do not leave the ground) (2)**^{2y}
3. Jumps from a 12-inch (30 cm) step with one foot leading
4. **Jumps (at least one foot leaves the ground) (3)**
5. **Jumps off the ground with both feet (4)**
6. Jumps two consecutive times
7. Jumps off step with both feet
8. **Jumps over a small object (5)**^{2y6m}
9. **Jumps with both feet together (broad-jumps) a distance of 2 inches (5 cm) (6)**
10. Jumps with both feet together (broad-jumps) a distance of 6 inches (15 cm)
11. **Jumps in place four times (7)**^{3y}
12. **Jumps with both feet together (broad-jumps) over an object or string 2 inches (5 cm) high (8)**
13. **Jumps with both feet together (broad-jumps) a distance of 10 inches (25 cm) (9)**^{4y}
14. From a stair step, jumps a distance of 8 inches (20 cm)
15. From a stair step, jumps a distance of 12 inches (30 cm)

16. From a stair step, jumps a distance of 16 inches (40 cm)
17. Jumps with both feet together (broad-jumps) over an object or string 6 inches (15 cm) high
18. **Jumps forward ten consecutive times (10)**
19. From a stair step, jumps a distance of 24 inches (60 cm)
20. Does running jump over an object or string 8 inches (20 cm) high
21. Jumps with both feet together (broad-jumps) a distance of 18 inches (45 cm)
22. Does running jump over an object or string 10 inches (25 cm) high
23. **Jumps backward once (11)**^{5y6m}
24. Jumps with both feet together (broad-jumps) a distance of 24 inches (60 cm)
25. **Jumps backward two or more consecutive times (12)**^{6y}
26. Jumps over a rope that sways back and forth but does not turn overhead
27. **Jumps rope three consecutive times (13)**
28. Jumps with both feet together (broad-jumps) a distance of 30 inches (75 cm)
29. **Jumps rope ten consecutive times (14)**^{7y}

A-11C BALANCING ON A BEAM

See pages 24–25 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-11 Balancing on a Beam.

- ^{18m} 1. Attempts to stand on a balance beam with one hand held
2. **Walks 6 feet (2 m) on a balance beam with both hands held (1)**
3. Walks with one foot on the ground and one foot on a balance beam ^{2y}
4. **Stands heel-to-toe on a balance beam independently (2)**
5. Walks 6 feet (2 m) on a balance beam with one hand held
6. Attempts a step on a balance beam without assistance ^{3y}
7. **Walks 6 feet (2 m) on a balance beam, perhaps using their arms to aid balance (3) ^{4y}**
8. **Walks 6 feet (2 m) on a balance beam with hands at sides (4) ^{5y}**
9. **Walks 6 feet (2 m) on a balance beam heel-to-toe (5)**
10. Walks backward on a balance beam with hands at sides ^{6y}
11. **Walks backward 6 feet (2 m) on a balance beam toe-to-heel (6)**
12. Walks forward on a balance beam with eyes focused on a target at eye level ^{7y}

A-12C THROWING

See pages 26–27 for assessment procedures for the milestone skills (the skills in **bold** print) that appear in A-12 Throwing.

- ^{18m} 1. **Throws a tennis ball forward (1) ^{2y}**
2. Throws with the body facing target, feet remaining stationary (in place), and with arm extension only
3. **Throws a playground ball with both hands from an overhead position (2) ^{3y}**
4. **Throws a playground ball by holding the ball above the shoulders, with almost exclusive arm movement (3) ^{4y}**
5. **Throws a tennis ball a distance of 10 feet (3 m) (4)**
6. **Throws a playground ball by holding the ball behind the head, with horizontal rotation of the body and with feet stationary (5) ^{5y}**
7. Throws a playground ball a distance of 10 feet (3 m)
8. **Throws a playground ball by holding the ball behind the head, with body rotation and with a forward step (6)**
9. Tosses a beanbag into a wastebasket from a distance of 6 feet (2 m) in at least two of five attempts
10. **Throws a tennis ball a distance of 20 feet (6 m) (7)**
11. Throws a playground ball a distance of 13 feet (4 m) ^{6y}
12. Throws a playground ball a distance of 20 feet (6 m)

13. Throws with skilled form (8)

14. Tosses a beanbag into a wastebasket from a distance of 6 feet (2 m) in at least four of five attempts ^{7y}

Supplemental Skill Sequences

Student's Name: _____ Date: _____

The Supplemental Skill Sequences provide optional lists of supplemental skills that can be used or modified to track student progress in specific skill areas not covered by *IED 4* milestone assessments. Assessing the skills in these lists can further help educators meet student and program needs.

Although specific assessment procedures for supplemental skills are not included in the *IED 4*, many of the skills can be assessed using observation and interview. These skills do not appear in the Record Book. Educators can reproduce relevant skill sequences and circle the item numbers for skills the student demonstrates.

A-14S BALL BOUNCING

- ^{3y} 1. Bounces a large playground ball once by letting it fall from viselike position and catching it by scooping or hugging it, elbows extended
2. Bounces and catches a playground ball once with both hands^{4y}
3. Bounces and catches a playground ball two or more times with both hands^{5y}
4. Dribbles a playground ball a distance of 6 feet (2 m), bouncing and catching it with both hands
5. Bounces a tennis ball once and catches it with both hands^{6y}
6. With dominant hand, bounces a tennis ball, hits it to bounce it again at least twice, and then catches it^{7y}

A-15S BATS A STATIONARY BALL

Place a ball on a cone, or suspend a ball on a string at chest level. Demonstrate and encourage the student to perform the batting skills as necessary.

- ^{2y} 1. Faces the ball and swings in a vertical plane
2. Stands to the side of the ball and swings in a horizontal plane^{4y}
3. Swings, rotating the trunk and hips, and shifts body weight forward^{5y}
4. Swings with a skilled horizontal pattern
5. Strikes the ball with an accuracy to knock it forward in at least 50 percent of the attempts^{7y}

A-16S RHYTHM

- ^{12m} 1. Has whole-body rhythmic response to music^{3y}
2. Moves separate body parts to music^{4y}
3. Walks in rhythm to music
4. Claps to rhythm of a song^{5y}
5. Attempts rhythmic movement with hand instruments
6. Keeps time to simple tunes with hand instruments
7. Gallops, jumps, and runs in rhythm to simple tunes^{6y}

A-17S WHEEL TOYS

- ^{18m} 1. Pulls a wheel toy
2. Pushes and pulls large wheel toys
3. Pulls a wheel toy by a cord^{2y}
4. Sits on wheel toys to be pushed or pulled
5. Pedals a tricycle
6. Sits on a balance bike or riding toy and pushes with feet^{3y}
7. Rides a balance bike—pushes with feet and maintains balance
8. Steers a balance bike or tricycle around corner or obstacles^{4y}
9. Stops quickly and completely when riding a balance bike or tricycle^{5y}
10. Rides a small bike with training wheels^{6y}
11. Rides a small bike without training wheels^{7y}

A-18S TUMBLING SKILLS

- ^{2y6m} 1. Hangs from a bar by hands^{3y}
2. Bends to touch their toes without bending knees
3. Performs a basic forward roll^{4y}
4. Twirls in a circle on one foot
5. Twirls in a circle on either foot^{6y}
6. Performs a smooth forward roll
7. Maneuvers across an overhead playground ladder with their hands^{7y}