

Assessment Record Sheet

Name:

Date:

Posture Base	YES	NO
Curl-ups (Core Strength)		
Can they do this quite easily?		
Stairs (Balance & Co-ordination)		
Manage Independently?		
Are they using alternating feet (ages 5 and up)?		
Tightrope Walking (Balance & Stability)		
Can they walk the line and maintain their stability?		
Can they Pigeon Step along the line and maintain balance (age 5 & up)?		
Bilateral Co-ordination Base	YES	NO
Hands & Knees (Mid-line)		
Can they touch the right hand on to the left knee?		
Can they touch the left hand on to the right knee?		
Simon Says (Understanding of Left & Right & Body Awareness)		
Can they identify their left from right?		
Can they accurately point to the body parts mentioned in the game?		
Ball Skills (Co-ordination)		
Can they stop/catch a rolling ball?		
Can they fairly accurately roll the ball back?		
Can they catch an under arm thrown ball?		
Can they throw the ball back fairly accurately (preferably using an under arm throw)?		
All Base Areas	YES	NO
Crazy Scissors		
Can they cut different thicknesses of paper?		
Can they cut fairly accurately around a shape or picture?		

Sensory Perception Base	YES	NO
Guess the Object (Tactile Perception)		
Can they identify the object using both hands?		
Can they identify the object using the right hand only?		
Can they identify the object using the left hand only?		
Can they identify an object when there are several items in the bag using both hands?		
Can they identify an object when there are several items in the bag using just one hand (try both left and right hand)?		
Tactile Play (Tactile Defensive)		
Are they happy to touch wet, cold, smooth or slimy textures?		
Are they happy to touch and mould resistant modelling type materials?		
Are they happy to touch gritty or rough textures?		
How Much Pressure (Tactile Perception)		
Can they make shallow indentations with the fingers from the right hand?		
Can they make shallow indentations with the fingers from the left hand?		
Can they make deep indentations with the fingers from the right hand?		
Can they make deep indentations with the fingers from the left hand?		
Hand & Finger Muscle Base	YES	NO
How Many Can You Hold? (In –Hand Manipulation)		
Can they hold one or more items in the palm of their right hand while picking up another piece with this hand?		
Can they hold one or more items in the palm of their left hand while picking up another piece with this hand?		
Shake the Dice (Arch of Hands & Grip Release)		
Can they cup their hands?		
Do they release the dice easily?		
Finger Tap Dancing (Individual Finger Movement)		
Can they touch each finger to their thumb on the right hand?		
Can they touch each finger to their thumb on the left hand?		
Can they change speed, order and pressure of the taps?		