

Assessment Record Sheet

Name:

Date:

| Posture Base | YES | NO |
|---|-----|----|
| <u>Curl-ups (Core Strength)</u> | | |
| Can they do this quite easily? | | |
| <u>Stairs (Balance & Co-ordination)</u> | | |
| Manage Independently? | | |
| Are they using alternating feet (ages 5 and up)? | | |
| <u>Tightrope Walking (Balance & Stability)</u> | | |
| 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 |
| <u>Hands & Knees (Mid-line)</u> | | |
| Can they touch the right hand on to the left knee? | | |
| Can they touch the left hand on to the right knee? | | |
| <u>Simon Says (Understanding of Left & Right & Body Awareness)</u> | | |
| Can they identify their left from right? | | |
| Can they accurately point to the body parts mentioned in the game? | | |
| <u>Ball Skills (Co-ordination)</u> | | |
| 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 |
| <u>Crazy Scissors</u> | | |
| Can they cut different thicknesses of paper? | | |
| Can they cut fairly accurately around a shape or picture? | | |

| Sensory Perception Base | YES | NO |
|---|-----|----|
| <u>Guess the Object (Tactile Perception)</u> | | |
| 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)? | | |
| <u>Tactile Play (Tactile Defensive)</u> | | |
| 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? | | |
| <u>How Much Pressure (Tactile Perception)</u> | | |
| 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 |
| <u>How Many Can You Hold? (In –Hand Manipulation)</u> | | |
| 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? | | |
| <u>Shake the Dice (Arch of Hands & Grip Release)</u> | | |
| Can they cup their hands? | | |
| Do they release the dice easily? | | |
| <u>Finger Tap Dancing (Individual Finger Movement)</u> | | |
| 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? | | |