PHYSICAL DEVELOPMENTAL SKILL ASSESSMENT

2 - 5 Year Olds

LOCOMOTOR SKILLS	NOT OBSERVED /CANNOT DO	OCCASIONALLY DOES	CONSISTENTLY DOES
Two to Three Year Olds			
Walks across room			
Uses a hurried walk			
Walks backwards			
Pushes riding toy with feet while steering			
Uses a walker to get to the table			
Marches around room			
Walks up stairs with both feet on each step			
Walks up and down stairs alternating feet, holding the handrail or with help			
Jumps in place, two feet together			
Three to Four Year Olds			
Runs			
Avoids obstacles and people while moving			
Starts and stops using wheelchair			
Walks up and down stairs alternating feet			
Climbs at least two rungs of a jungle gym			
Climbs up and down on playground equipment			
Rides tricycle using feet to push forward			
Rides tricycle using pedals			
Gallops, but not smoothly			
Jumps over objects or off a step/box			
Four to Five Year Olds			
Runs smoothly, quickly, changes directions, stops/starts quickly			
Steers wheelchair into small playground spaces			
Jumps and spins			
Marches			
Moves through obstacle course			
Gallops and skips with ease			
Plays “Follow the Leader” using a variety of traveling movements			
Plays games that require jumping or kicking the ball			

"Preschoolers Moving and Learning", (The Moving and Learning Series). Rae Pica and Richarrd Gardzina. January 1990.
"Toddlers Moving and Learning", (The Moving and Learning Series). Rae Pica and Richard Gardzina. January 1990.

BALANCING SKILLS

	NOT OBSERVED /CANNOT DO	OCCASIONALLY DOES	CONSISTENTLY DOES
Two to Three Year Olds			
Squats to pick up toys			
Stands on tiptoes to reach something			
Gets in and out of adult chair			
Kneels while playing			
Straddles a taped line on the floor			
Sidesteps across beam or sandbox edge			
Three to Four Year Olds			
Walks forward along sandbox edge, watching feet			
Jumps off low step, landing on two feet			
Jumps over small objects			
Holds body upright while moving wheelchair forward			
Four to Five Year Olds			
Hops across the playground			
Hops on one foot then the other			
Walks across beam or sandbox edge forward and backwards			
Attempts to jump rope			
Hops, skips or twirls around and stops without falling			

MANIPULATIVE SKILLS

Two to Three Year Olds			
Carries a large ball while moving			
Flings a beanbag			
Throws a ball or other object by pushing it with both hands			
Catches a large, bounced ball against body with straight arms			
Kicks a stationary ball			
Three to Four Year Olds			
Throws a ball or other object			
Traps thrown ball against body			
Tosses bean bag into basket			
Strikes a balloon with large paddle			
Kicks ball forward by stepping or running up to it			
Four to Five Year Olds			
Steps forward to throw ball and follows through			
Catches a thrown ball with both hands			
Throws a hand sized ball			
Dribbles a ball			
Strikes stationary ball			
Bounces and catches ball			
Kicks moving ball while running			
Pounds with, shakes, twists, or swings an arm or a leg			