

Gross Motor Skills Assessment

Activity	Eyes Open	Eyes Closed	Date Achieved	Comment
Balance				
Stand on left leg to count of 10				
Stand on right leg to count of 10				
With feet together jump up & down 10 times				
Hop on left leg on the spot				
Hop on right leg on the spot				
3 point balance on hands and knees				
2 point balance on hands and knees				
Hop on left leg 3 feet forwards/backwards				
Hop on right leg 3 feet forwards/backwards				
Walk heel/toe 3 feet forwards				
Knee walk 3 feet forwards				
Run & stop on command				
Coordination				
Skip 3 feet				
March on the spot				
March 3 feet forwards				
Crawl forwards				
Crawl backwards				
Clap a rhythm				
On left hand touch each finger to thumb 1, 2, 3, 4				
On right hand touch each finger to thumb 1, 2, 3, 4				
Left hand and right hand at the same time touch each finger to thumb alternately				
On left hand (little finger 1 st) touch each finger to thumb alternately 4, 3, 2, 1				
On right hand (little finger 1 st) touch each finger to thumb alternately 4, 3, 2, 1				
Left and right hand at the same time (little finger 1 st) touch each finger to thumb alternately				
With left hand throw and catch a small ball or beanbag up and down several times				
With right hand throw and catch a small ball or beanbag up and down several times				
With both hands throw and catch a small ball or beanbag up and down several times				

Activity	Eyes Open	Eyes Closed	Date Achieved	Comment
Midline Crossing				
Pass beanbag around body from hand to hand				
Left arm straight out in front, point finger make large figure 8 from right to left across the body				
Right arm straight out in front, point finger make large figure 8 from right to left across the body				
Both arms straight out in front, point finger make large figure 8 from right to left across the body				
Sit down on mat and pick up beanbag from left side with right hand 5 times				
Sit down on mat and pick up beanbag from right side with left hand 5 times				
Lay down on back, bend knees, arch back, pass beanbag under bottom and over body from hand to hand				
Body and Spatial Awareness				
From standing position lay straight across a mat on tummy				
From standing position lay straight across a mat on back				
On hands and knees extend opposite arm & leg. Alternate 5 times.				
From standing touch toes				
From standing touch heels				
Walk sideways 3 meters				
Walk through small course with large and small spaces				
Run through small course with large and small spaces				
Side-step through small course with large and small spaces				
Walk backwards through small course with large and small spaces				
Bi-Lateral Integration				
With feet together jump forwards and backwards several times				
With feet together jump side to side several times				
Star jump 5 times				
A sequence of jumping forwards, backwards & side to side.				