

Gross Motor Development Curriculum Practice Record



American Printing House
for the Blind, Inc.

Name: _____ Date: _____

Skill: Balance Subtest: Perceptual Motor ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Feet together and parallel.			
Eyes closed.			
One foot off the floor 6 inches.			
Knee bent at 45-degree angle.			
Holds position.			

Name: _____ Date: _____

Skill: Run Subtest: Locomotor ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Keeps elbows bent.			
Moves arms back and forth from shoulders—without crossing midline—in opposition to legs.			
Both feet are off the ground for a short period.			
Foot hits the ground lightly—landing between heel and midfoot—then quickly rolls forward (i.e., not flatfooted).			
Nonsupport leg bent approximately 90 degrees.			
Support foot lands directly under the body with knees slightly bent.			
Keeps the head straight; does not tilt the chin forward.			

Name: _____ Date: _____

Skill: Horizontal Jump Subtest: Locomotor ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Bends knees and hips; extends arms behind the body.			
Swings arms forward forcefully and upward to full extension above the head.			
Jumps forward with both feet and lands on both feet simultaneously; bends knees to absorb the force of the landing.			
Thrust arms downward during landing.			

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Name: _____ Date: _____

Skill: Hop Subtest: Locomotor Accomplished (check mark) Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Bends nonsupport leg and lets it swing forward and backward to produce force.			
Foot of nonsupport leg remains behind body and swings backward.			
Flexes arms and swings them for balance and to produce force.			
Jumps up and lands on same foot consecutive times as required by assessment tool.			
Thinks tall and keeps head level.			

Name: _____ Date: _____

Skill: Skip Subtest: Locomotor Accomplished (check mark) Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Bends arms and lifts to waist level.			
Steps forward with the lead foot. With lead foot in the air, hops on opposite foot.			
Continues pattern changing lead foot each time.			
Brief period where both feet are off the ground between each cycle.			
Maintains a rhythmic pattern for a determined number of consecutive steps.			

Name: _____ Date: _____

Skill: Curl-ups Subtest: Physical Fitness Accomplished (check mark) Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Lies on back with knees bent; palms rest on thighs or palms flat on floor.			
Curled shoulders up off the floor; uses abdominal muscles.			
Slides hands up to touch knees, or slides palms along floor toward heels.			
Slowly lowers torso to mat.			
Feet remain on floor at all times.			

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Name: _____ Date: _____

Skill: Gallop Subtest: Locomotor ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Bends arms and lifts to waist level.			
Steps forward with the lead foot; steps the trailing foot forward adjacent to or behind the lead foot.			
The lead foot always remains in front, and the back foot comes up to meet but never passes the front foot.			
Brief period where both feet are off the ground.			
Maintains a rhythmic pattern for a determined number of consecutive gallops.			

Name: _____ Date: _____

Skill: Slide Subtest: Locomotor ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Stands on the tapeline so shoulders are aligned with the line.			
Steps sideways with lead foot and then slides the trailing foot to meet the lead foot— instep to instep.			
Practices continuous step-slide cycles to the right.			
Practices continuous step-slide cycles to the left.			
Maintains a rhythmic pattern for a determined number of consecutive steps.			

Name: _____ Date: _____

Skill: Leap Subtest: Locomotor ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Starts with large step and progresses to pushing off the back foot while landing on the opposite foot.			
Advances to take off on one foot and land on the opposite foot.			
Both feet are off the ground for a short period.			
Reaches forward with the arm opposite the lead foot.			

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Name: _____ Date: _____

Skill: Kick Subtest: Object Control ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Approaches the ball rapidly and continuously.			
Demonstrates an elongated stride or leap just prior to ball contact.			
Positions the nonkicking foot even with or slightly behind the ball.			
Kicks the ball with the instep of preferred foot (on instep or toe).			

Name: _____ Date: _____

Skill: Overhand Throw Subtest: Object Control ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Initiates windup with downward and backward movement of the hand and arm. Rotates body sideways until nondominant side of body faces the direction he is throwing.			
Shifts weight onto back leg.			
Steps forward (transfers weight) as he throws.			
Follows through beyond ball release diagonally across the body toward the nondominant side.			

Name: _____ Date: _____

Skill: Push-ups Subtest: Physical Fitness ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Lies prone on the exercise mat or floor.			
Places palms on mat under or slightly wider than the shoulders with fingers stretched out.			
Holds leg straight and slightly apart with toes tucked under.			
Pushes up off the floor with the arms until arms are straight.			
Body remains straight with no arch in back or rise in buttocks.			
Lowere the body using the arms until the elbows bend at a 90-degree angle and the upper arms are parallel to the floor.			

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Name: _____ Date: _____

Skill: One-hand Forehand Strike **Subtest:** Object Control ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Turns body sideways with nondominant shoulder facing the wall.			
Positions feet parallel and slightly more than shoulder width apart, with weight evenly distributed on both feet.			
Grips paddle with dominant hand.			
Slightly bends knees.			
Holds ball up high and drops ball to floor.			
Shifts weight onto back leg.			
Steps forward as arm swings.			
Sequential rotation of hips and shoulders.			
Hits ball on the off bounce at waist height.			
Follows through across body.			

Name: _____ Date: _____

Skill: Two-hand Strike/Bat **Subtest:** Object Control ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Turns body sideways with nondominant shoulder facing the direction child is batting.			
Positions feet parallel and slightly more than shoulder width apart, with weight evenly distributed on both feet.			
Grips bat with dominant hand above nondominant hand.			
Brings bat up to dominant shoulder and holds even with or slightly above the shoulder.			
Slightly bends knees with elbows down.			
Shifts weight onto back leg.			
Steps forward as arms swing.			
Sequential rotation of hips and shoulders.			
Hits ball.			
Follows through across body.			

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Name: _____ Date: _____

Skill: Stationary Dribble Subtest: Object Control ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Bounces the ball on ground and contacts the ball with hand at belt level.			
Pushes the ball with fingertips/finger pads (does not slap or strike with the palm).			
Ball contacts floor in front of or to the outside of foot on the preferred side.			
Controls the ball for consecutive bounces—as determined by the assessment tool—without moving the feet to retrieve it.			
Maintains a rhythmic pattern for a determined number of consecutive steps.			

Name: _____ Date: _____

Skill: Catch Subtest: Object Control ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Positions hands in front of the body with elbows flexed.			
Places hands face up.			
Extends arms while reaching for the ball as it arrives.			
Adjusts arms and hands to ball flight characteristics; body position may need to adjust to ball as well.			
Hands face each other; catches the ball with the hands only.			

Name: _____ Date: _____

Skill: Underhand Roll/Throw Subtest: Object Control ✓ Accomplished (check mark) ✗ Needs practice (x-mark)

Task Analysis	Trial 1	Trial 2	Trial 3
Orients body so that chest is facing the wall.			
Swings the preferred hand down and back, extending the arm behind the trunk; keeps chest parallel to wall.			
Steps forward with foot opposite the preferred hand toward the wall.			
Tosses ball forward hitting the wall.			
Swinging arm follows through after release of the ball at chest level or above.			