

Physical Skills Checklist: Primary School

**** Class teacher: if you have a pupil who is struggling with learning; track their physical skills with this checklist. Print one off for each 'SGO' pupil.**

Complete a checklist for the child at the start of the school year, in September, and at the end of the year- that way you can see if the Braincalm™ Breaks have made a difference!

Pupil _____ Class _____ Age ___ yrs ___ months

'SGO' Suspected _____ or Diagnosis _____ Date _____

Hopping: it is vital that the hops are done correctly- hands on hips- knees apart- hopping OFF ground. Hopping will tell you a lot about the child's ability to write, concentrate & process.

Age 4-5: A child SHOULD be able to hop fully & cleanly 5 times on right foot & 5 times on left foot by age 4, definitely by 5th birthday

Age 5-6 A child: A child SHOULD be able to hop fully & cleanly 10 times on right foot & 10 times on left foot by age 5, definitely by 6th birthday

**** Length of full concentration on a task**

Age 4 (normal = 5 mins) _____ Age 5 (normal= 10 mins) _____ Age 6 (normal=15 mins) _____

1. HOPPING: Right foot – how many times _____ hops
2. HOPPING: Left foot- number of times _____ hops
3. Jump & land on both feet (at least 10 times) No falling over _____ jumps
4. Walk up & down stairs, alternating feet, no handrail (by age 4) Y/N Comment _____
5. Stand on Right Foot (eyes open) how long? (count full seconds) _____ secs.
6. Stand on Left Foot (eyes open) How long? (Count seconds) _____ secs.
7. Stand on Right Foot (eyes closed) number of seconds _____ secs.
8. Standing on Left Foot (eyes closed) number of seconds _____ secs.
9. CLEAN Marching (rt hand-left leg/lft hand right leg) circle one unable- 50% of time- 100%
10. Catch a soccer ball – hands OUTSTRETCHED -circle one poor- almost- good catching

Age 7-9 All physical skills should be fully developed by age 8/9.

**** Concentrate for 15-20 mins on a task at a time _____ mins.**

11. Skip (with skipping rope) poor- fair- good
12. Catch a tennis ball with 2 hands OUTSTRETCHED poor-almost- good
13. CLEAN RUNNING (not slap footed- or awkward arms) No bumping into others/or objects
Right arm/left leg...left arm/right leg poor-fair-clean running

Age 10-12:

- 14: Good running forwards- backwards- side to side poor- fair- good

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www.braincalminstitute.com

support@braincalminstitute.com

01 - 6111575

