

**Bethlehem Central School District
Physical Therapy Department
Object Control Skills Checklist**

Key					
1 Skill not displayed in any setting despite support given					
2 Skill displayed inconsistently with models/prompts.					
3 Skill displayed consistently with models/prompts					
4 Skill displayed independently					
		1	2	3	4
1	Corral a ball with arms and/or hand				
2	Roll a ball forward using hands				
3	Fling a ball forward with directionality for at least a 5- foot distance				
4	Throw a tennis ball by extending arm at shoulder and elbow while maintaining balance				
5	Throw a ball forward ___ feet				
6	Throw a ball underhand at least ___ feet				
7	Throw a ball overhand at least ___ feet				
8	Initiate throwing overhand by moving arm upward and back				
9	Initiate throwing underhand by moving arm down and back				
10	Throw a ball overhand by moving arm up and back using upper trunk rotation, arms and legs moving in opposition.				
11	Throw a ball underhand by moving arm down and back using upper trunk rotation, arms and legs moving in opposition.				
12	Hit a target with an underhand toss from a distance of ___ feet in 2/3 trials				
13	Hit a target with an overhand toss from a distance of ___ feet in 2/3 trials				
14	Catch a ball with arms extended directly in front palms facing upward or toward each other attempting to secure the ball to the body				
15	Catch a ball with hands only				
16	Drop/Bounce and catch a tennis sized ball with two hand				

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17	Drop/Bounce and catch a tennis sized ball with one hand				
18	Kick a ball forward 3 feet				
19	Kick a ball forward _____ feet using opposing arm and leg movements and initiating kick by extending leg back with knee bent.				
20	Kick a ball so it travels _____ ft. in the air using opposing arm and leg movements and initiating kick by extending leg back with knee bent.				
21	Drop kick a medium size ball for a distance of _____ feet				
22	Dribble a ball with one hand				
23	Dribble a ball with two hands				
Comments					