

Bethlehem Central School District Preschool (3 year old) Gross Motor (PT) Rubric

	1 Rarely Demonstrates Requires direct instruction, a high level of cueing, modeling, and/or hand-over-hand support.	2 Developing skill with support: demonstrates skills in "safe" environments. Needs direct instruction and a moderate level of cueing to generalize to other school settings	3 Skill is inconsistent or emerging with some increased independence Still requires presets or coaching to generalize.	4 Consistently Demonstrates Skill is comparable to general population
Locomotor <ul style="list-style-type: none"> <input type="checkbox"/> Runs easily and smoothly with emerging arm swing at waist or below and pushing off with feet <input type="checkbox"/> Starts and stops running with ease <input type="checkbox"/> Walks up stairs with alternating feet without support of a handrail <input type="checkbox"/> Walks down stairs with alternating feet using a handrail <input type="checkbox"/> Walks up four stairs without a rail (alternating or both feet on each step) <input type="checkbox"/> Walks on tiptoes along an 8 ft line with hands on hips <input type="checkbox"/> Walks backward 				
Balance/Posture <ul style="list-style-type: none"> <input type="checkbox"/> Chooses a variety of sitting positions (does not frequently use "W" sitting) <input type="checkbox"/> Bends over while standing without falling <input type="checkbox"/> Hops forward on 1 foot at least 6" <input type="checkbox"/> Jumps forward with 2 feet at 24-30" without loss of balance <input type="checkbox"/> Jumps sideways <input type="checkbox"/> Jumps backwards <input type="checkbox"/> Walk along a line of 6-8 ft <input type="checkbox"/> Stands on one foot 5 sec. without loss of balance or excessive body sway <input type="checkbox"/> Safely negotiates uneven surfaces <input type="checkbox"/> Shifts weight smoothly from one side to other <input type="checkbox"/> Demonstrates controlled use of hand and arm in reaching activities 				
Strength/Endurance <ul style="list-style-type: none"> <input type="checkbox"/> Assumes in a variety of developmental positions <input type="checkbox"/> Maintains/plays in a variety of positions independently <input type="checkbox"/> Goes up a full flight of stairs without fatigue <input type="checkbox"/> Climbs playground equipment independently 				

Bethlehem Central School District Preschool (3 year old) Gross Motor (PT) Rubric

<ul style="list-style-type: none"> <input type="checkbox"/> Age appropriate muscle tone <input type="checkbox"/> Swings on a swing when started in motion <input type="checkbox"/> Participates in group motor activities independently 				
<p>Coordination/Range of Motion</p> <ul style="list-style-type: none"> <input type="checkbox"/> Starts to pedal a tricycle <input type="checkbox"/> Kicks a ball forward with reciprocal arm and leg <input type="checkbox"/> Throw a ball overhand and hits a target from 5 ft away <input type="checkbox"/> Opens doors independently <input type="checkbox"/> Throws a small ball 10 ft. with trunk rotation and opposition of arms/leg <input type="checkbox"/> Catches a ball with arms bent (may secure to chest if necessary) 				