

## Bethlehem Central School District Preschool (4 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
<b>Locomotor</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Runs easily and smoothly with reciprocal arm swing below the waist, steps quickly without falling</li> <li><input type="checkbox"/> Climbs down stairs with alternating feet without support of a handrail</li> <li><input type="checkbox"/> Steps over a 9 inch high obstacle without stepping or pausing</li> <li><input type="checkbox"/> Can move forward and backward with agility</li> <li><input type="checkbox"/> Runs around obstacles without falling with smooth coordinated motion</li> </ul>				
<b>Balance/Posture</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Transitions to standing from ½ kneeling without hands</li> <li><input type="checkbox"/> Jumps forward 36 inches with both feet without using a balance</li> <li><input type="checkbox"/> Jumps sideways back and forth over a taped line 3 cycles, hands on hips, feet together, without pausing or touching a line</li> <li><input type="checkbox"/> Turns jump 180 degrees</li> <li><input type="checkbox"/> Walk on a straight line, hands on hips, without stepping off</li> <li><input type="checkbox"/> Hops on one foot without losing balance five times on dominant foot, or 3-5 times on non-dominant foot</li> <li><input type="checkbox"/> Balances on one foot for 6-10 seconds on each foot</li> <li><input type="checkbox"/> Safely negotiates uneven surfaces</li> <li><input type="checkbox"/> Shifts weight smoothly from one side to other for skipping and galloping</li> </ul>				
<b>Strength/Endurance</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Participates in recess type activities (running, climbing, jumping, tricycle) for 20-30 minutes without fatigue or rest</li> <li><input type="checkbox"/> Goes up a full flight of stairs without fatigue</li> <li><input type="checkbox"/> Negotiates playground equipment safely and independently</li> </ul>				

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<ul style="list-style-type: none"> <li><input type="checkbox"/> Jumps over 10 inches high bar and lands on two feet</li> <li><input type="checkbox"/> Pedals a tricycle</li> <li><input type="checkbox"/> Maintains neutral upright seated posture throughout snack/mealtime/tabletop activities</li> <li><input type="checkbox"/> Demonstrates age-appropriate muscle tone</li> </ul>				
<p><b>Coordination/Object Control</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pedals a tricycle independently and steers around obstacles</li> <li><input type="checkbox"/> Pedals a tricycle alone up and down inclines and demonstrates steering control</li> <li><input type="checkbox"/> Kicks a ball with reciprocal arms/legs at least 12 feet forward</li> <li><input type="checkbox"/> Throws a ball overhand 12 feet in the air and hits a target from a 12 foot distance</li> <li><input type="checkbox"/> Opens doors independently</li> <li><input type="checkbox"/> Catches a bouncing ball</li> <li><input type="checkbox"/> Demonstrates forward roll one time with less than 15 degree deviation</li> <li><input type="checkbox"/> Gallops with smooth weight-shift and with reciprocal arm and legs at least 10 feet</li> <li><input type="checkbox"/> Start to swing and pump alone</li> </ul>				