

Assessment

In order to establish and assess progression, children perform an assessment before and at the end of the 6 sessions. Below is an example of an assessment table that will be filled in for each student.

Enter ✓ or x for each skill 1 – 6 against each child.	Holds on all fours	Stand on one leg	Hop	Squat	Tip toe	March	Total achieved ✓
NAME	1	2	3	4	5	6	

Assessment Information

The assessment is a list of 6 skills that should have been acquired in the first few years of life. These are normal everyday movement patterns and postures. Many of these normal skills are first acquired less than 2 years old and should be consolidated throughout an active childhood. They are fundamental movements that form the basis of posture & stability, muscle tone, balance and coordination of the limbs.

Guidance and Teacher Instructions

Guidance is given for each skill but in general the student does not pass if the skill demands a great deal of effort – they grimace, hold their breath, wince or groan, or collapse after doing the movement. Similarly, if the child complains of pain or that it was ‘too hard.’

The teacher clearly models the skills by performing the movements and postures, clearly showing and describing what is expected. Once this is done the child must then follow the instruction. The teacher does not explicitly correct or help the child get into this position or remind them how to do the movement. The teacher only observes how the child moves or arranges their body.

Assessment Skills

Activity and Guidance

SKILL 1 – HOLD ON ALL FOURS

The child gets into an on all fours position on their hands and knees. The hands are flat on the floor; the knees are under the hips. The child is asked to hold this position for 10seconds.

SKILL 4 – SQUAT

The child begins in a standing position then squats down and holds steadily for 5 seconds. Weight should be on the balls of their feet with knees apart. Upper body is held upright, with head up facing forwards.

SKILL 2 – STAND ON ONE LEG

The child stands on one leg while the teacher counts to 10. Make sure to test both legs! Ideally the other leg is bent and lifted in front of the body. The body is upright and the knees are apart.

SKILL 5 – TIP TOES

From a standing position the child goes up on their tiptoes. Hold this position for 10 seconds.

SKILL 3 – HOPPING

The child hops on one foot on the spot. The movement should be “springy”, up and down on the balls of their feet and not flat footed. The other leg should be bent with their arms being used for propulsion.

SKILL 6 – MARCHING

The child marches on the spot – with control – like a soldier. The arms swing easily at the sides with the opposite knee being lifted. The body is relaxed but upright and the eyes looking forwards.