

Preferred Hand: Right Left Not Established
 Preferred Foot: Right Left Not Established

Locomotor Subtest

Skill	Materials	Directions	Performance Criteria	Trial 1	Trial 2	Score
1. Run	60 feet of clear space, and two cones	Place two cones 50 feet apart. Make sure there is at least 8 to 10 feet of space beyond the second cone for a safe stopping distance. Tell the child to run as fast as he or she can from one cone to the other when you say "Go." Repeat a second trial.	1. Arms move in opposition to legs, elbows bent 2. Brief period where both feet are off the ground 3. Narrow foot placement landing on heel or toe (i.e., not flat footed) 4. Nonsupport leg bent approximately 90 degrees (i.e., close to buttocks)			
Skill Score						
2. Gallop	25 feet of clear space, and tape or two cones	Mark off a distance of 25 feet with two cones or tape. Tell the child to gallop from one cone to the other. Repeat a second trial by galloping back to the original cone.	1. Arms bent and lifted to waist level at takeoff 2. A step forward with the lead foot followed by a step with the trailing foot to a position adjacent to or behind the lead foot 3. Brief period when both feet are off the floor 4. Maintains a rhythmic pattern for four consecutive gallops			
Skill Score						
3. Hop	A minimum of 15 feet of clear space	Tell the child to hop three times on his or her preferred foot (established before testing) and then three times on the other foot. Repeat a second trial.	1. Nonsupport leg swings forward in pendular fashion to produce force 2. Foot of nonsupport leg remains behind body 3. Arms flexed and swing forward to produce force 4. Takes off and lands three consecutive times on preferred foot 5. Takes off and lands three consecutive times on nonpreferred foot			
Skill Score						
4. Leap	A minimum of 20 feet of clear space, a beanbag, and tape	Place a beanbag on the floor. Attach a piece of tape on the floor so it is parallel to and 10 feet away from the beanbag. Have the child stand on the tape and run up and leap over the beanbag. Repeat a second trial.	1. Take off on one foot and land on the opposite foot 2. A period where both feet are off the ground longer than running 3. Forward reach with the arm opposite the lead foot			
Skill Score						

Skill	Materials	Directions	Performance Criteria	Trial 1	Trial 2	Score
5. Horizontal Jump	A minimum of 10 feet of clear space and tape	Mark off a starting line on the floor. Have the child start behind the line. Tell the child to jump as far as he or she can. Repeat a second trial.	<ol style="list-style-type: none"> Preparatory movement includes flexion of both knees with arms extended behind body Arms extend forcefully forward and upward reaching full extension above the head Take off and land on both feet simultaneously Arms are thrust downward during landing 			
Skill Score						
6. Slide	A minimum of 25 feet of clear space; a straight line, and two cones	Place the cones 25 feet apart on top of a line on the floor. Tell the child to slide from one cone to the other and back. Repeat a second trial.	<ol style="list-style-type: none"> Body turned sideways so shoulders are aligned with the line on the floor A step sideways with lead foot followed by a slide of the trailing foot to a point next to the lead foot A minimum of four continuous step-slide cycles to the right A minimum of four continuous step-slide cycles to the left 			
Skill Score						
Locomotor Subtest Raw Score (sum of the 6 skill scores)						

Object Control Subtest

Skill	Materials	Directions	Performance Criteria	Trial 1	Trial 2	Score
1. Striking a Stationary Ball	A 4-inch lightweight ball, a plastic bat, and a batting tee	Place the ball on the batting tee at the child's belt level. Tell the child to hit the ball hard. Repeat a second trial.	<ol style="list-style-type: none"> Dominant hand grips bat above nondominant hand Nonpreferred side of body faces the imaginary tosser with feet parallel Hip and shoulder rotation during swing Transfers body weight to front foot Bat contacts ball 			
Skill Score						
2. Stationary Dribble	An 8- to 10-inch playground ball for children ages 3 to 5; a basketball for children ages 6 to 10; and a flat, hard surface	Tell the child to dribble the ball four times without moving his or her feet, using one hand, and then stop by catching the ball. Repeat a second trial.	<ol style="list-style-type: none"> Contacts ball with one hand at about belt level Pushes ball with fingertips (not a slap) Ball contacts surface in front of or to the outside of foot on the preferred side Maintains control of ball for four consecutive bounces without having to move the feet to retrieve it 			
Skill Score						

Skill	Materials	Directions	Performance Criteria	Trial 1	Trial 2	Score
3. Catch	A 4-inch plastic ball, 15 feet of clear space, and tape	Mark off two lines 15 feet apart. The child stands on one line and the tosser on the other. Toss the ball underhand directly to the child with a slight arc aiming for his or her chest. Tell the child to catch the ball with both hands. Only count those tosses that are between the child's shoulders and belt. Repeat a second trial.	<ol style="list-style-type: none"> Preparation phase where hands are in front of the body and elbows are flexed Arms extend while reaching for the ball as it arrives Ball is caught by hands only 			
Skill Score						
4. Kick	An 8- to 10-inch plastic, playground, or soccer ball; a beanbag; 30 feet of clear space; and tape	Mark off one line 30 feet away from a wall and another line 20 feet from the wall. Place the ball on top of the beanbag on the line nearest the wall. Tell the child to stand on the other line. Tell the child to run up and kick the ball hard toward the wall. Repeat a second trial.	<ol style="list-style-type: none"> Rapid continuous approach to the ball An elongated stride or leap immediately prior to ball contact Nonkicking foot placed even with or slightly in back of the ball Kicks ball with instep of preferred foot (shoelaces) or toe 			
Skill Score						
5. Overhand Throw	A tennis ball, a wall, tape, and 20 feet of clear space	Attach a piece of tape on the floor 20 feet from a wall. Have the child stand behind the 20-foot line facing the wall. Tell the child to throw the ball hard at the wall. Repeat a second trial.	<ol style="list-style-type: none"> Windup is initiated with downward movement of hand/arm Rotates hip and shoulders to a point where the nonthrowing side faces the wall Weight is transferred by stepping with the foot opposite the throwing hand Follow-through beyond ball release diagonally across the body toward the nonpreferred side 			
Skill Score						
6. Underhand Roll	A tennis ball for children ages 3 to 6; a softball for children ages 7 to 10; two cones; tape; and 25 feet of clear space	Place the two cones against a wall so they are 4 feet apart. Attach a piece of tape on the floor 20 feet from the wall. Tell the child to roll the ball hard so that it goes between the cones. Repeat a second trial.	<ol style="list-style-type: none"> Preferred hand swings down and back, reaching behind the trunk while chest faces cones Strides forward with foot opposite the preferred hand toward the cones Bends knees to lower body Releases ball close to the floor so ball does not bounce more than 4 inches high 			
Skill Score						
Object Control Subtest Raw Score (sum of the 6 skill scores)						