

Play On! Skill Assessment Worksheet

Children's Names



	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Physical Development										
Climbing¹										
1. Can lead with either hand or foot										
2. Trunk stays close to apparatus										
3. Ascends using a contralateral arm-leg action										
4. Descends using a contralateral arm-leg action										
5. Avoids placing feet at same level (rung, step, etc.)										
6. Climbs a variety of apparatus (stable & unstable)										
7. Climbs with minimal or no assistance										
8. Maintains good balance and body control										
9. Dismounts gracefully										
10. Adds complexity to the movement										
Brachiating^{1,2}										
1. Can initiate with either hand										
2. Able to execute a variety of grasps (over, under, mixed, wide, close)										
3. Thumb is wrapped around bar (lock grip) at all times										
4. Body swings forward and downward in smooth arc										
5. Maintains efficient body control during swinging motion										
6. Trunk rotates with every grasp										
7. Entire movement is steady and fluid										
8. Brachiates with minimal or no assistance										
9. Able to vary brachiating speed										
10. Dismounts with minimal or no assistance										

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Physical Development										
Swinging³										
1. Starts swing motion gracefully										
2. Holds on to chains throughout										
3. Leans upper body during forward stretch of lower body										
4. Feet extended and legs together during forward stretch										
5. Feet flexed and legs together during back kick										
6. Trunk, feet, and hands fully synchronized										
7. Swings unassisted										
8. Obtains and maintains medium to high height										
9. Remains seated and balanced throughout										
10. Stops swing motion and dismounts smoothly										
Sliding										
1. Consistent and fluid bipedal locomotion up steps										
2. Holds the supporting structure with both hands during ascent										
3. Maintains an upright torso throughout descent										
4. Descends unassisted										
5. Descends without using hands to push or hold on										
6. Descends without dragging feet										
7. Safely dismounts unassisted										
8. Clears path from exit area to leave space for next child to descend safely										
9. Complies with the one-child-at-a-time rule										
10. Descends a variety of slides										

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Physical Development

Spinning

	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
1. Affixes eyes on a focal point while spinning										
2. Maintains stable postural control throughout										
3. Stays on equipment for entire spin										
4. When applicable, extends free limbs as counterbalances										
5. Spins on a variety of equipment (individual & group)										
6. Holds steady body alignment (without wobbling) after spin										
7. Spins safely, and with control and grace										
8. Spins clockwise and counterclockwise										
9. Maintains awareness of physical space in relation to others										
10. Able to vary spin speed										

Balancing^{4,5}

1. Aligns center of gravity over base of support										
2. Displays wide base of support (when applicable)										
3. Extends free body limbs as counterbalances										
4. When applicable, holds body perfectly still										
5. Focused on a stationary spot/object										
6. Maintains upright body posture (head up, shoulders erect, & eyes forward)										
7. Balances unassisted										
8. Balances on different surfaces (stable & unstable)										
9. Uses minimal number of weight-bearing body parts										
10. Alternates weight-bearing body part (either leg, etc.)										

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Fitness Development^{6,7}										
1. Engages in moderate to vigorous physical activities for at least ten successive minutes without excessive fatigue										
2. Engages in moderate to vigorous activity for at least 30 minutes, 5 or more days per week										
3. Recognizes the key components of physical fitness (muscular strength and endurance, aerobic fitness, flexibility, and body composition)										
4. Recognizes the benefits of physical fitness										
5. Can perform at least one activity designed to improve each element of physical play (balancing, climbing, spinning, sliding, brachiating, swinging)										
6. Demonstrates the core strength and stability needed to perform a variety of activities										
7. Demonstrates sufficient muscular strength to support body weight										
8. Demonstrates a full range of motion in multiple joints										
9. Selects activities that address personal weaknesses as well as strengths										
10. Leads an active, healthy lifestyle										
Social Development⁶										
1. Behaves respectfully toward others										
2. Encourages playmates verbally and nonverbally										
3. Plays cooperatively by taking turns and sharing equipment										
4. Displays kindness and inclusiveness by helping others										
5. Plays independently without interfering with others										
6. Demonstrates leading skills										
7. Demonstrates following skills										
8. Participates and interacts with all peers, regardless of gender, social class, ethnicity, and ability level										
9. Plays fair; understands and abides by rules										
10. Resolves conflicts peacefully										

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Personal Development⁶										
1. Receptive to learning and experimenting with new activities and skills										
2. Displays feelings of accomplishment and sense of self-esteem										
3. Listens well and follows directions										
4. Willingly challenges oneself beyond comfort zone										
5. Demonstrates progress through persistent effort and practice										
6. Complies with safety rules										
7. Expresses self through creative games and movements										
8. Values and enjoys physical activity										
9. Accepts responsibility for own behavior										
10. Voluntarily transfers learned play elements outside the playground										

Assessment Key

3	Exceptional
2	Satisfactory
1	Needs Improvement

Total Score

203-270	Excellent!
136-202	Proficient
90-135	Novice

Note: Due to normal developmental differences among elementary-aged children, some assessment indicators may not be appropriate for certain groups or certain children. Use your judgment; these are offered here only as potential tools that you might find useful to support children's growth, skill development, and overall fitness.