

## Adapted Physical Education Motor Screening/Referral Form

(To be completed by person who teaches Physical Education ☐ Turn in with JP 4 referral)

Student Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

School \_\_\_\_\_ Completed by \_\_\_\_\_ Screening Date \_\_\_\_\_

**Complete items for appropriate age level only. Write an ☐x☐ next to any item that a student cannot perform.  
If a student fails three (3) items, he/she will be referred for evaluation.**

**SCORE**

**PERFORMANCE STANDARDS**

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	Age 3	Age 4
___ Jumps	One time	Consecutively 5 times
___ One foot balance	Momentarily either foot	3 seconds either foot
___ Climbs up & down stairs	Non-reciprocally w/ rail	Reciprocal pattern
___ Catches playground ball from 6 feet	With arms & body 1-2 times	With arms & body 2-3 times
___ Throws small ball/bean bag overhead	3 ☐ 4 feet	5 ☐ 6 feet
___ Locomotor	Runs smoothly	Gallops

	Age 5	Age 6	Age 7
___ Jumps	3 times	18 inches	24 inches
___ One foot balance	6 seconds	10 seconds	10 seconds
___ Hops on preferred foot	8-10 x☐	10-12 x☐	10-12 x☐
___ Catches playground ball from 8 feet	2 out of 3 x☐	2 out of 3 x☐	2 out of 3 x☐
___ Throws ball overhanded	7 feet	10 feet	2 with opposition
___ Skip, gallop, run	Gallops	10 feet	15 feet

	Age 8	Age 9	Age 10
___ Hops on each foot	12 hops	Rhythmic hops 3R/3L/3R/3L	Rhythmic hops 3R/3L/3R/3L
___ Jumping Jacks	5 times	5 times	10 times
___ Balance on each foot	10-12 seconds	12-15 seconds	12-15 seconds
___ Dribbles a ball with each hand	6 times	20 feet	20 feet
___ Jumps rope	5 times	10 times	15 times
___ Skips	15 feet	15 feet	Backward 10 feet

	Age 11/12	Age 13/14	Age 15/Over
___ Jumping Jacks or jumping rope	15 times	20 times	10 times
___ Controlled running dribble of basketball	30 feet	40 feet	50 feet
___ Sit-ups	20 times	20 times	25 times
___ Sports Skills	Punt a ball	Serve volleyball over net 2 out of 3 x☐	
___ Push-ups	5 times	5 times	10 times
___ Walk backward on a line, alternating feet, touching heel to toe	5 steps	7 steps	10 steps

Is student participating successfully in regular physical education activities? \_\_\_ Yes \_\_\_ No If ☐No☐, why not? \_\_\_\_\_