**PLAY Assessment: Four Square Day**

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| **Skill** | **Initial:***Presence of numerous major gaps during execution* | **Emerging***Limited number of major gaps, but able to execute basic sequencing of the task* | **Acquired***Basic level of execution with minor sequencing errors* | **Proficient***Overall proficiency is* *depicted by the quality* *of the movement* |
| **Run A Square**“I want you to run a square around the pylons. I want you to run the square best you can. Ready? Run now.” | * Mature running form not present
* Person is substantially overshooting or undershooting pylon placements
* Slipping, tripping and/or stumbling is present
 | * Rounds corners with numerous steps
* While changing direction, shuffle or stutter-steps are present
* Mature running form present
 | * May partially round corners, taking one extra step to change direction
* Most of the corners are consistent in lateral shifts in body direction
* Speed is at a jogging rate or faster
 | * Accelerates rapidly
* Performs a controlled lateral shift at each pylon with minimal footwork
* All four corners exhibit controlled and powerful changes of direction and speed
* Speed is maximal
 |
| **Run There & Back**“I want you to run a straight line to the pylon, stop, turn around and run back. I want you to run to the line, turn around and run back as best you can. Ready? Run now.” | * Stumbles, slips or trips repeatedly
* Does not exhibit flow in transitions
* Movement is disjointed
* Oversteps lines
* Slow speed
* Running form missing key features
 | * Arm movements and leg movements only synchronized in some phases, not all
* Sliding stop or shuffle-step stop
* Basic features of mature running form observed
* Rounded turnaround is evident
 | * Motion is along a straight line there and back
* Good speed (jog to run)
* Pivoting turn that is not fluid or quick, but is successful
* Mature running form is evident
 | * Sprint speed
* Accelerates rapidly
* Decelerates in control to a momentary stop
* Pivots and changes direction in a continuous manner
* Arms and legs used purposefully for propulsion
 |
| **One-handed Catch**“I want you to catch the ball that I throw to you with only one hand. You can use whichever hand you like, but only one hand. I want you to catch the ball with one hand the best you can. Please try to catch the ball the best you can. Ready? Catch now.” | * Unable to track the incoming ball
* Does not move hand to ball purposefully
* Shows an elbow-flexion-style of a clutching catch
* Bats at ball to only make contact
 | * Tracks incoming ball poorly
* Moves hand to ball but fumbles or bobbles during catch and/or drops ball
* Uses “stiff” limb motion during catch
 | * Tracks incoming ball well
* Moves hand to ball and receives the ball well
* Minor fumbles
* No bobble or loss of contact (no double catch)
* Does not exhibit clasping or clutching grasp
 | * Fluidly moves to intercept ball in the air with positive hand reception
* Capable of snatching the ball out of the air
 |
| **Drop To The Ground & Back Up**“I want you to drop to the ground and come right back up. I want you to drop to the ground and get back up as best you can. Ready? Go now.” | * Sits down tentatively one limb at a time
* Kneels first, then slowly sequences limbs to ground
 | * Places each limb down in succession but smoothly
* Doesn't drop to floor
 | * Performs a “burpee-like” movement without fluid control
* May show a longer pause on ground and lack fluidity between drop and coming back up
 | * Person performs a controlled fall to a momentary stop on the ground
* Rapidly and fluidly returns to standing position
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**PLAY Assessment: Fitness Circuit Day**

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| **Skill** | **Initial:***Presence of numerous major gaps during execution* | **Emerging***Limited number of major gaps, but able to execute basic sequencing of the task* | **Acquired***Basic level of execution with minor sequencing errors* | **Proficient***Overall proficiency is* *depicted by the quality* *of the movement* |
| **Crossovers**“I want you to perform crossover steps from this pylon to the next. I want you to perform a crossover, or grapevine, step from here to there. Please do the best you can. Ready? Go now.” | * Does not perform crossover steps (side shuffles, or other incorrect movement)
* Performs half the crossover step (front leg crossing over, or rear, but not both)
 | * Crossover steps are inconsistent but evident
* Speed of progression is slow
* Upper body isn't participating
 | * Able to show front and rear crossover steps for the entire distance travelled
* Speed is moderate and does not falter
* Evidence of upper body coordination present
 | * Demonstrates fluid crossover steps
* Coordinated upper and lower body actions
* Excellent speed of progression
 |
| **Skip**“I want you to skip stepfrom this pylon to thenext. Skip as best youcan. So, I want you toskip from here to there.Ready? Go now.” | * Fails to perform skip action
* Upper limb action is disconnected with lower body
* Speed highly variable or very low
* Shuffle-like motion of legs
* Poor lower and upper body control
 | * Leg action consistent with a skip
* Arms at side or slightly reciprocating
* Synchrony of arms to legs may be limited, but not flailing
* Initiation of skip takes a few steps and skip is inconsistent or lost in stopping
* Trunk angle variable
 | * Has basic skipping action with limited, but consistent, arm action
* Low amplitude and speed
* May exhibit ramp-up in form
* Body is tall
 | * Uses arms and legs in a reciprocal pattern with good limb excursions (elbow bent)
* Exhibits fluid and consistent skip action from first to last step
* Good speed
 |
| **Jump**“I want you to jump fromthis pylon to the next. Iwant you to jump as bestyou can. Please jumpfrom here to there. Ready?Jump now.” | * Does not perform a two-foot jump
* Performs an offset landing or takeoff with staggered feet
* Unable to perform more than one jump in a row
 | * Able to jump, but exhibits

inconsistent distances each jump* Upper body may be rigid
* Arms not participating in jump

motion* May show balance control problems during task
 | * Performs a continuous jumping action from start to finish
* Limited arm action
* Lower body triple flexion (hip, knee, ankle used for propulsion)
* Distance travelled is limited (less than one full step)
* Speed may be limited due to limited jump distance
 | * Jumping distance is substantial (length of body)
* Evident lower body triple flexion (hip, knee, ankle used for propulsion)
* Arm swing evident and propulsive
* Fluid start and stop
* Speed of transport is very good
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| **Skill (cont’d)** | **Initial:***Presence of numerous major gaps during execution* | **Emerging***Limited number of major gaps, but able to execute basic sequencing of the task* | **Acquired***Basic level of execution with minor sequencing errors* | **Proficient***Overall proficiency is* *depicted by the quality* *of the movement* |
| **Overhand Throw**“I want you to overhandthrow the ball at the walland make it bounce backover the top of your head.I want you to throw theball as best you can. Pleasetry to throw the ballagainst the wall as bestyou can. Ready? Thrownow.” | * Throw fails to produce ball motion in the desired direction
* Insufficient distance/velocity
* Limb motion restricted to a single joint or upper limb
* No coordination with trunk or lower limbs
* No weight shift
* Trunk rotation absent
 | * Ball is sent with poor speed or trajectory (one of the two)
* Basic sequencing of lower body to trunk to upper limb action is evident
* Weight transfer limited
* May appear disjointed in sequencing of limb motion
* Very limited follow-through
 | * Trajectory and speed of ball is adequate
* Sequencing of lower body, trunk and upper body is present but limited
* Weight shift is minimal
* Follow-through present but limited
* Trunk rotation present but limited
 | * Velocity of ball is good
* Trajectory of ball is well controlled
* Upper and lower body sequencing is present
* Weight shift is pronounced from trail to lead leg
* Follow-through is present and fluid
* Very evident trunk rotation
 |
| **Strike With Stick**“I want you to strike theball. I want you to strikethe ball as best you can.Please try to strike the ballas best you can. Ready?Strike now.” | * Grasp of implement inappropriate (cross-over hands, uses a single limb to swing, etc.)
* No coordination between upper and lower body
* No weight shift
* Swinging action is weak and trajectory of implement wavers
* Limited wind-up and follow-through
 | * Elements of the swinging action present but not all the sequences of weight transfer, trunk rotation and arm swing are evident
* Dominance of one arm relative to the other
* Upper limbs don't work together
 | * Swinging action evident with good speed
* Limited weight transfer
* Wind-up and follow-through limited but present
* Sequencing of weight transfer, to trunk rotation, to arm swing is present but may be modest and slightly disjointed
 | * Powerful swinging action with good speed of implement
* Strong stepping action and weight transfer from trailing to leading leg
* Synchronized and sequenced weight transfer, to trunk rotation, to upper limb rotation
* Implement trajectory is well controlled with excellent wind-up and follow-through
 |
| **Lift And Lower**“I want you lift up the ballabove your head and thenlower it back down to theground. I want you to liftand then lower the ball asbest you can. Ready? Gonow.” | * Has difficulty reaching the object
* Fumbles in the lift or lower
* Drops the object
* Exhibits right-to-left shifts in lift or substantial body twisting
 | * Transition between lift and lower segments is broken and not fluid
* Exhibits swaying or minimal body-twisting
 | * Able to control ball during lift and lower
* Transition between lift and lower segments is slightly choppy
* Some sway
 | * Fluid and controlled reach with momentary pause at lift
* Secure grasp and synchronized lifting action from all body parts
* May be a stoop or squat lift
* Well-controlled descent and low-impact contact with ground
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**PLAY Assessment: Obstacle Course Day**

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| **Skill** | **Initial:***Presence of numerous major gaps during execution* | **Emerging***Limited number of major gaps, but able to execute basic sequencing of the task* | **Acquired***Basic level of execution with minor sequencing errors* | **Proficient***Overall proficiency is* *depicted by the quality* *of the movement* |
| **Run, Jump, Then Land On Two Feet**“I want you to run, jumpat the pylon and then landon two feet. I want youto run, jump and land ontwo feet the best you can– just like a long jump.Ready? Go now.” | * Not able to sequence the leap from one foot during the run
* Very tentative in all sequencing of movements
* Twists trunk or performs a twirling action
* Lands on a single foot
* Low speed and distance travelled
 | * Segmented action between the run, jump and landing
* Exhibits offset landing or multiple contacts on landing
 | * Able to leap from one foot to land on two feet
* Limited distance travelled
* Slow running speed (jog)
* Transition from jog to leap may not result in loss of speed
* Upper body remains vertical during entire task to ensure landing
 | * Able to accelerate to a good speed and shift from a single leg (hop) with smooth transition
* No loss of speed
* Powerfully drives body upward with hip action of opposite leg and toe off of planted foot
* Aerial phase shows re-orientation of body for landing with arms moving forward
* Very good distance travelled
* Well-controlled landing on two feet
 |
| **Gallop**“I want you to gallopfrom this pylon to thenext. Front gallop as bestyou can. So, I want youto perform a gallop fromhere to there. Ready?Go now.” | * Lift off or aerial phase not present
* Body faces sideways rather than forward
 | * Lift off or aerial phase present but inconsistent
* Upper arm motion not fluidly connected to lower limbs
* Unable to have consistent flow
* May falter in speed (slow to reacquire step)
* Body may twist
 | * Consistent aerial phase with synchronized upper limbs
* Speed may be slow and amplitude low
* Flow of gallop steps may be intermittent
 | * Fluid action of upper and lower body in synchrony
* Immediate transition from start to gallop action
* Trunk facing forward entire distance
* Amplitude and speed are very good
 |
| **Hop**“I want you to hop fromthis pylon to the next.I want you to hop as bestyou can. Please hop fromhere to there. Ready?Hop now.” | * Fails to maintain single leg support and touches down opposite foot
* Performs a jumping action
* Upper body and lower body in asynchrony
 | * Inconsistent distances and low amplitude of displacement (horizontal or vertical)
* Balance control problems evident during progression
* Starting is stutter-like
* Stopping is sloppy and possibly over-hopping or premature ending
 | * Able to hop on one leg from start to end with medium distance hops
* Evident aerial phase
* May not employ opposite leg to assist
* Distance may vary from hop to hop in mid-range
* Start and stop control may be limited
 | * Substantial hopping distance that is consistent in distance in mid-range
* Immediate transition to hopping and immediate hop to stationary position at end
* Continuity in motion
* Good horizontal and/or vertical speed
* Uses opposite lower limb and upper body in synchrony with the other lower limb
 |
| **Balance Walk (Heel-To-Toe) Forward**“I want you to walk 'heel-to-toe' from one pylon to the next while keeping your balance. Walk as quickly as youcan while keeping your balance. Ready? Walk now.” | * Loses balance repeatedly
* Does not use arms to balance
* Poor or inconsistent placement of feet from step to step
 | * Able to demonstrate features of balance control
* Tentative stepping action
* Non-fluid
* Major balance control problems during stepping
* May lose balance once or twice in all steps
 | * Able to maintain balance through all steps
* Shows good foot placement, but may be slow
* Exhibits minor balance control problems through some of the steps
* Upper limb wavering may be evident
 | * Quickly walks along the line in a fluid continuous motion
* Very minor balance adjustments may be evident at ankles
* There may be slight upper limb wavering
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| **Skill (cont’d)** | **Initial:***Presence of numerous major gaps during execution* | **Emerging***Limited number of major gaps, but able to execute basic sequencing of the task* | **Acquired***Basic level of execution with minor sequencing errors* | **Proficient***Overall proficiency is* *depicted by the quality* *of the movement* |
| **Backwards Walk (Toe-To-Heel) Backward**“I want you to walk backward toe-to-heel' from one pylon to the next while keeping yourbalance. Walk backward as quickly as you can while keeping your balance. Ready? Walk now.” | * Loses balance repeatedly
* Doesn't use arms to balance
* Poor or inconsistent placement of feet from step to step
 | * Able to demonstrate features of balance control
* Tentative stepping action
* Non-fluid
* Major balance control problems during stepping
* May lose balance once or twice in all steps
 | * Able to maintain balance through all steps
* Shows good foot placement but may be slow
* Exhibits minor balance control problems through some of the steps
* Upper limb wavering may be evident
 | * Performs a “cat walk” along the line in a fluid continuous motion
* Very minor balance adjustments may be evident at ankles
* There may be slight upper limb wavering
 |
| **Hand Dribble Stationary And Moving Forward**“I want you to dribble the ball three times at the first pylon, and then I want you to dribble from the first pylon to the next. Dribble the ball as best you can. So, dribble three times at the first pylon and then dribble the ball to the next pylon and stop. Ready? Dribble now. ” | * Unable to control the ball when stationary or moving
* Hand-eye coordination is non-existent
 | * Able to control the ball when either stationary or moving (one or the other, but not both)
* Hand-eye coordination is limited
 | * Able to control the ball when stationary and moving
* Lacks fluid changes from stationary to moving and moving to stationary
* Hand-eye coordination is adequate
 | * Well-controlled dribble in place for each repetition
* Exhibits a fluid change from stationary to moving
* Body, lower limbs and upper body are synchronized
* Hand-eye coordination is strong
 |
| **Kickball**“I want you to kick the ball at the wall. You can kick the ball with one foot – whichever foot you like. I want you to kick the ballwith one foot as best you can. Try to kick the ball above the marker on the wall. Please try to kick theball as best you can above the marker. Ready? Kick now.” | * Misses the ball due to a lack of coordination and timing
* No synchrony between upper and lower body
* Support leg and foot are poorly planted
* Whip-like kicking action with no follow-through
* No speed or ball control
* Kicks with toe
 | * Speed of ball is slow
* Some evidence of directional control is present
* Foot contact reasonably solid
 | * Ball is directed appropriately
* Speed of ball is good
 | * Ball is powerfully propelled in a controlled direction
* Upper body leads lower body
* Strong follow-through is present
 |
| **Foot Dribble Moving Forward**“I want you to dribble the ball from one pylon to the next. I want you to dribble the ball as best you can.Please try to dribble the ball as best you can from here to there. Ready?Go now.” | * Ball control is absent or rudimentary
* Ball is lost for majority of movement
* Foot-eye control is disjointed
 | * Able to exhibit some ball control in a stuttering manner
* Initiation and stopping of ball may be absent or very limited (ball travels past the second pylon)
 | * Ball in control through most of the distance
* Starts and stops at lines
* Body and ball separation varies through movement
* May exhibit some control limitations during initiation and stopping of ball
* Body may twist to allow the contact leg to lag and maintain contact with the ball
* May not face forward the entire distance
 | * Ball trajectory is in control for the entire distance
* Body and ball separation is well maintained during each step
* Ball start and stop is fluid and well controlled
* Trunk faces forward the entire distance
 |