



Gross and Fine Motor Skills

Reaching
Sitting
Standing
Rotation
Sustained Mobility
Object Manipulation
Ocular Motion
Spatial Awareness

Gross and Fine Motor Skills Assessment Tool

Skill	Emerging	Developing	Mastery	Generalization
Reaching (Assessed in a sitting position)	Enter Dates Below			
Reaches for an object in a controlled manner in a central location (student reaches for an object directly in front of them on a table)				
Reaches for an object in a controlled manner to a side location (student reaches for an object on a table and at a 45 degree angle from them)				
Reaches for an object in a controlled manner in a cross midline location (static balance position; student uses right arm to reach for object left of midline)				
Reaching for an object above shoulder height				
Sitting (Length of sitting time will vary)	Enter Dates Below			
Remains static in a sitting position on the ground				
Remains static in a sitting position on a chair				

Gross and Fine Motor Skills Assessment Tool

NOTES

(e.g. level of prompting, augmentative equipment, challenges, next steps)

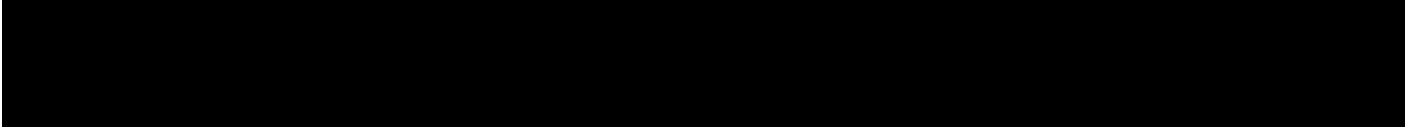


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Gross and Fine Motor Skills Assessment Tool

Skill	Emerging	Developing	Mastery	Generalization
Sitting (cont.) (Length of sitting time will vary)	Enter Dates Below			
Remains static in a sitting position on a stool				
Remains static in a sitting position on a dynamic support (exercise ball, sit and spin disc, BOSU ball)				
Moves from a sitting position on the floor to knees (are physical objects required to assist? E.g. table, chair)				
Bends from a sitting position on a support to a target below midline (sitting on a chair, reaching for a dropped pencil)				
Standing (Assessments focus on balance rather than spatial awareness)	Enter Dates Below			
Stands in a static position on both feet				
Stands in a static position on one foot				

Gross and Fine Motor Skills Assessment Tool

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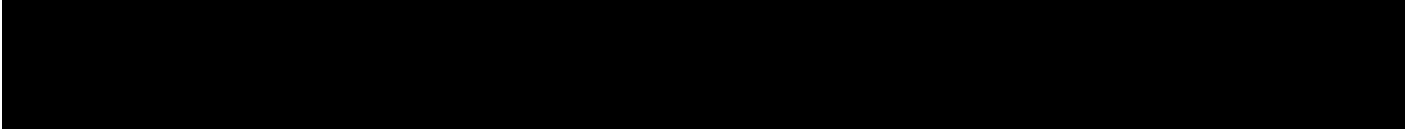


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Gross and Fine Motor Skills Assessment Tool

Skill	Emerging	Developing	Mastery	Generalization
Standing (cont.) (Assessments focus on balance rather than spatial awareness)	Enter Dates Below			
Bends from a standing position to a target below midline (reaching for a dropped pencil on the ground)				
Moves from a standing position to a low level position and returns to a standing position (using a squat motion to reach for an object on the floor)				
Rotation (Assessments focus on static balance rather than dynamic)	Enter Dates Below			
Sitting trunk rotation (passing an object to a student or staff directly behind them)				
Standing trunk rotation (putting on a backpack)				
Sustained Mobility (Assessments on stairs focus on foot-eye coordination)	Enter Dates Below			
Moves from a sitting position on the floor to a standing position (without the use of a physical support)				
Moves from a sitting position on a chair to a standing position				

Gross and Fine Motor Skills Assessment Tool

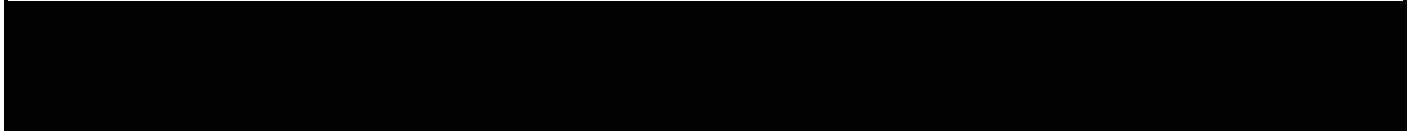
NOTES

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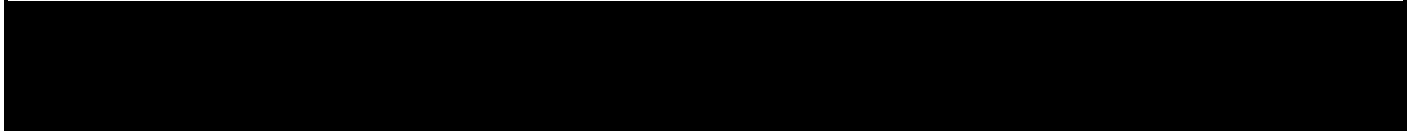
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Skill	Emerging	Developing	Mastery	Generalization
Sustained Mobility (cont.) (Assessments on stairs focus on foot-eye coordination)	Enter Dates Below			
Moves from a sitting position on a dynamic support to a standing position				
Moves body forward (may require assistive devices)				
Moves body backward (may require assistive devices)				
Moves body while navigating obstacles (may require assistive devices)				
Walks up stairs non-reciprocally (both feet on the same stair)				
Walks up stairs reciprocally (one foot on each stair)				
Walks down stairs non-reciprocally (both feet on the same stair)				

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Skill	Emerging	Developing	Mastery	Generalization
Sustained Mobility (cont.) (Assessments on stairs focus on foot-eye coordination)	Enter Dates Below			
Walks down stairs reciprocally (one foot on each stair)				
Moves forward at a rate faster than walking (skipping, hopping, running, galloping, rolling)				
Object Manipulation	Enter Dates Below			
Pushes an object forward (pushing away a plate, opening a door)				
Pulls an object towards oneself (opening a door, bringing a book toward body)				
Grasps an object with whole hand (picking up a ball)				
Purposefully holds an object in hand (object is held ready for functional use)				
Controls/manipulates an object in hand (turning a pencil around to use the eraser)				

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Continued...

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Skill	Emerging	Developing	Mastery	Generalization
Object Manipulation (cont.)	Enter Dates Below			
Moves an object from palm to fingertips (holding quarters and moving them into a machine slot)				
Grasps an object with pincer grip (holding a pencil)				
Holds and uses a tool with whole hand (cup, shoe, cloth)				
Holds and uses a tool with pincer grip (pencil, fork, spoon)				
Holds and uses ability-specific scissors with a purpose				
Controls releasing of an object from the hand (placing blocks in specific holes)				
Transfers an object between hands with control (passing an object from hand to hand)				

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NOTES

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<i>Continued...</i>

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Skill	Emerging	Developing	Mastery	Generalization
Object Manipulation (cont.)	Enter Dates Below			
Holds an object with two hands using whole hand grip (grasping a bigger ball and taking it somewhere)				
Holds an object with two hands using key grip (grasping a plate and taking it to a table)				
Manipulates an object with two hands using a variety of grips with a purpose (washing dishes, pulling a zipper, opening a lid)				
Ocular Motion	Enter Dates Below			
Establishes eye contact on a static object (looking at a poster on the wall)				
Establishes eye contact on a moving object (watching a classmate move across the room)				
Maintaining eye contact on a static object (paying attention to the teacher)				
Maintaining eye contact on a moving object (watching sports)				

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Continued...

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Skill	Emerging	Developing	Mastery	Generalization
Ocular Motion (cont.)	Enter Dates Below			
Focuses on a static target to establish a physical contact				
Tracks a moving target to establish physical contact				
Spatial Awareness (may vary significantly for student to student, year to year)	Enter Dates Below			
Has an awareness of surrounding space relative to own body (stretching with a group of people and not making contact with other people)				
Demonstrates general awareness of own body relative to functional tasks (blowing nose, brushing hair, dressing)				

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Fine and Gross Motor Skills Glossary

- **Static:** Term applied to the object or body part that you would like to remain still while assessing a skill
- **Dynamic:** Term applied to the object or parts of the body required to move during an assessment of a skill
- **Key Grip:** Hand is in a closed fist and object is only placed between thumb and index finger
- **Pincer Grip:** Object is placed between thumb and any combination of finger tips on the same hand
- **Low level position:** A position where the majority of the students' body would be below midline level if the student was standing straight
- **Midline:** An imaginary line drawn through the center of the students' body or working area