

CTAPE

Competency Testing For Adapted Physical Education



Revised 2008

Paul G. Pastorek

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PREFACE

Public Law 101-476 (Individuals with Disabilities Education Act - IDEA) and Louisiana Revised Statute 17:1941 et seq. mandate the inclusion of physical education instruction in the special education program of all students with disabilities. *Physical education* is defined as the development of 1) physical and motor fitness; 2) fundamental motor skills and patterns; and 3) skills in aquatics, dance and individual and group games and sports. *Adapted physical education* is defined as specially designed physical education for students with disabilities who may not safely or successfully engage in unrestricted participation in the vigorous activities of the general physical education program on a full time basis. In Louisiana, students with disabilities who are unable to participate successfully in a general physical education program are screened and evaluated through a process established by the *Pupil Appraisal Handbook*. The *Pupil Appraisal Handbook* includes an evaluation of the physical education competency level of the student.

The requirement to evaluate the physical education competency level of the student during the initial appraisal process was introduced in 1981. Considerable controversy surrounded the concept of using a competency-based assessment with students with disabilities because many individuals suggested that non-disabled children could not "pass" the test. No data had been available either to support or refute the argument. In 1989 a two-year study initiated by the Office of Special Educational Services validated the use of a competency test in determining the need for adapted physical education. The end product of the study was a fully standardized edition of *CTAPE: Competency Testing for Adapted Physical Education*.

Since its introduction in 1989, the CTAPE has been reviewed and revised twice. The most recent review took place during the school year of 2006-2007. The Department of Education (DOE), Division of Educational Improvement and Assistance sponsored a year-long study of the document by professionals throughout the state. Committee members identified items that had been problematic in discriminating between children who were able to function in general physical education and those who were in need of adapted physical education. The committee made significant recommendations to clarify administration and scoring procedures and to improve test discrimination. A total of thirty-five items across the six levels were modified at this stage. The recommendations were approved by the DOE and the revised instrument was field-tested again.

The 2007 results were similar to those obtained in 1989 and 1994. The CTAPE differentiates between children who have average motor skills and children who have significantly below average motor skills. This revised edition of CTAPE continues to meet the requirements of the *Pupil Appraisal Handbook* and in identifying school age students eligible for adapted physical education services in Louisiana.

Included in the appendix of this edition of CTAPE is a chart that contains all test items in Levels I - VI. Each test item has been linked correlated to the physical education standard(s) published by the Louisiana DOE for teachers and curriculum developers. These references will provide adapted and general physical education teachers with the information needed to appropriately modify instruction in specific skill areas for students

with disabilities.

INTRODUCTION

CTAPE is not biased against a racial or gender group, and is, in fact, fairly well balanced with regard to its being challenging without being frustrating. CTAPE discriminates between children who have average motor skills and children who have significantly below average motor skills. In this case *significantly below* is defined as different from 90% or more of the population. Children with motor skills that differ to this extent clearly need special help.

Ninety percent, rather than the 1.5 standard deviation, is used because the criterion-referenced standards used in the CTAPE do not meet the assumptions of parametric statistics and 90% is an approximation of 1.5 standard deviations as a non-parametric technique.

Assessment is one of the most important aspects of the total educational program; without it an appropriate program of instructional activities cannot be developed. The information obtained through this process will assist the adapted physical educational teacher and the IEP team in determining the type of physical education program needed to meet individual student needs.

Because instruction for students with severe disabilities may begin with functional skills at a much lower level than those identified in CTAPE, additional assessment instruments may be utilized to obtain baseline data. Although there is no mandate, best practice indicates the use of a developmental assessment in addition to CTAPE to determine an accurate motor functioning level for students with severe disabilities.

INSTRUCTIONS FOR USE

TEST LEVELS

CTAPE consists of six testing levels, each addressing the identified grade level minimum standards in the competency-based curriculum for regular physical education. Chronological age is the determining factor in selecting the appropriate testing level.

<u>Test Level</u>	<u>Age Group</u>	
I	6 Years 0 Months	- 7 years 6 Months
II	7 Years 7 Months	- 8 Years 11 Months
III	9 Years 0 Months	- 10 Years 11 Months
IV	11 Years 0 Months	- 12 Years 11 Months
V	13 Years 0 Months	- 14 Years 11 Months
VI	15 Years 0 Months and Older	

SUMMARY PROFILE

The first page of each test level is the summary profile. Once completed, the summary provides, at a glance, the movement profile of a student. The profile will indicate whether the student is average, poor in one type of skill, or weak in all areas. The bold column of numbers represents passing scores; the scores to the left of the bold numbers indicate scores that are not acceptable (failing); NA indicates not attempted. **NA may be a result of an inability to perform (physical impairment) or refusal to perform (non-compliant behavior).**

Examiners should include their specific comments and recommendations for physical education or adapted physical education on the summary profile sheet. The information then should be provided to the IEP team. Recommendations should be based on the results of the CTAPE and any additional information or assessment results obtained by the evaluator.

TESTING PROCEDURE

- Step 1. Select the appropriate level to be administered.
- Step 2. Read through the test and gather the appropriate equipment. Record the personal data on the Summary Sheet (e.g., date of birth, name, etc.). Include any pertinent information.
- Step 3. Begin assessment by administering the test, preferably in sequential order. Testing must be completed within five days, but may be completed within one session. Note items that have practice trials and items that should be demonstrated. This information is supplied in the margin next to the individual items. Record the score for each part of each item by circling the appropriate score.
- Step 4. Compute the totals for each item and record the total score in the box at the lower right-hand corner.
- Step 5. Transfer the item totals to the summary sheet provided for the test level. All possible scores are not presented on the summary sheet, so make a circle approximately where the exact score would be located.
- Step 6. Count the number of circles falling to the left of the bold numbers: bold numbers represent passing scores. Multiply the number of circles by four. Subtract this number from 100 to obtain a percentage score.

To check the answer, count the number of bold numbers circled and the number of circles to the right of the bold numbers. Multiply the total number of circles by four. The two answers should match. If these do not match, count the circles again to make sure each item on the test has been administered and recorded.

Step 7. Identify the level of deficit; identify strengths, weaknesses, and individual needs. Provide recommendations for instructional services and make a professional recommendation for programming as appropriate for IEP Committee consideration.

Deficits:

70% - 100% Indicates motor skills are in the average range. The student does not qualify for adapted physical education services.

69% - 45% Indicates a **mild** motor deficit; the student is eligible for adapted physical education services. Full time or part time services may be considered.

44% - 20% Indicates a **moderate** motor deficit; adapted physical education on a full time basis should be considered.

19% - 0% Indicates a **severe** motor deficit; adapted physical education in small instructional groups on a full time basis should be considered.

Step 8. Copies of the test and the score sheet (Summary Profile) should go into the adapted physical education teacher file.

EQUIPMENT LIST

EQUIPMENT	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V	LEVEL VI
STOPWATCH						
TAPE MEASURE						
12" RULER						
2" MASKING TAPE						
PENCILS						
CHALK						
EQUIPMENT BAG						
NOTE: All balls are regulation size.						
WIFFLE SOFTBALL		X				
CLOTH SOFTBALL		X	X	X	X	X
BASKETBALL				X	X	X
VOLLEYBALL				X	X	X
SOCCER BALL			X	X	X	X
FOOTBALL				X	X	
8 ½ " PLAY GROUND BALL	X	X	X			
13" BEACHBALL			X			
TENNIS BALL	X	X	X			
2 – 5" BEAN BAGS				X	X	X
OVERSIZE BAT		X				
STANDARD BAT			X	X	X	X
5" BEAN BAG	X	X				
5" PLAYGROUND BALL			X			
CONES	X	X	X	X	X	X
INDIVIDUAL MAT				X	X	X
12" HIGH OBSTACLE		X				
SINGLE JUMP ROPE		X	X			

LEVEL I

LOUISIANA COMPETENCY TEST FOR ADAPTED PHYSICAL EDUCATION

TEST LEVEL I - Ages 6 years 0 months to 7 years 6 months

Name _____ D.O.B. _____ Date of Test _____ Age _____

School _____ Grade/Class _____ Gender M F

Percentage Score: _____ Program Recommendation: _____

Item Number	Content	Circle Score							
Locomotor Skills			{	-2	}}	-1	}}	+	}
1	Running	NA 0		18		27			35
2	Jumping	NA 0		15		18			30
3	Hopping	NA 0		5		10			
4	Leaping	NA 0		7		9			15
5	Galloping	NA 0		30		35			44
6	Sliding	NA 0		18		31			44
7	Skipping	NA 0		6		15			
Manipulative Skills									
8	Roll/2 Hands	NA 0		10		19			25
9	Roll/1 Hand	NA 0		4		7			12
10	Underhand Toss	NA 0		6		8			12
11	Overhand Throw	NA 0		5		13			25
12	Overhand Throw	NA 0		10		15			25
13	Bounce and Catch	NA 0		1		2			
14	Toss and Catch	NA 0		1		2			
15	Strike Underhand	NA 0		5		7			8
16	Kick	NA 0		2		4			6
17	Dribble	NA 0		1		5			12
Body/Spatial Awareness									
18	Body Parts	NA		8		5			0
19	Fast/Slow	NA		2		1			0
20	Body Surfaces	NA		1		0			
21	Non-Locomotor	NA		4		2			0
22	Left/Right	NA		2		1			0
23	Directions	NA		2		1			0
Balance Skills									
24	Stand	NA 0		0		1			
25	Walk	NA 0		5		8			20

Comments: NA:-2 -1: +:

_____ Evaluator

LOCOMOTOR SKILLS

Demonstrate

One Trial

1. Run 50 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed throughout</u>
a. Run without falling.	0	N/A	10
b. Non-support phase.	0	2	5
c. Weight on balls of foot.	0	2	5
d. Knee of non-support leg bent 90°	0	2	5
e. Push off toes.	0	2	5
f. Reciprocal arm swing.	<u>0</u>	<u>2</u>	<u>5</u>

Column Total:

1
Total:

Demonstrate

Three Trials

2. Jump forward 3 times in succession.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Jump three times in succession.	0	5	10
b. Preparatory crouch.	0	2	5
c. Backward arm swing.	0	2	5
d. Forceful arm swing at lift-off.	0	2	5
e. Balanced 2 foot bent knee landing.	<u>0</u>	<u>2</u>	<u>5</u>

Column Total:

2
Total:

Demonstrate

One Trial Each
Foot

3. Hop 10 feet on each foot.

	<u>Not Observed</u>	<u>Observed</u>
a. Hop on left foot 10 feet, maintaining balance.	0	5
b. Hop on right foot 10 feet, maintaining balance.	<u>0</u>	<u>5</u>

Column Total:

3
Total:

Demonstrate

Three Trials

4. Run and leap.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Take-off on one foot; land on the other.	0	2	5
b. Run and leap (no stop).	0	2	5
c. Non-support phase.	<u>0</u>	<u>2</u>	<u>5</u>

Column Total:

4
Total:

Demonstrate
One Trial Each
Foot

5. Gallop 10 feet on each foot.			
<u>Left:</u>	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. 10 feet uninterrupted.	0	NA	7
b. Uneven rhythm (slow/quick).	0	2	5
c. Left foot always leading.	0	2	5
d. Shoulders facing line of direction.	0	2	5
<u>Right:</u>			
a. 10 feet uninterrupted.	0	NA	7
b. Uneven rhythm (slow/quick).	0	2	5
c. Right foot always leading.	0	2	5
d. Shoulders facing line of direction.	<u>0</u>	<u>2</u>	<u>5</u>
Column Total:			

5
Total:

Demonstrate
One Trial Each
Foot

6. Slide 10 feet each side.			
<u>Left:</u>	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. 10 feet uninterrupted.	0	NA	7
b. Uneven rhythm (slow-quick).	0	2	5
c. Left foot always leading.	0	2	5
d. Side facing line of direction.	0	2	5
<u>Right:</u>			
a. 10 feet uninterrupted.	0	NA	7
b. Uneven rhythm (slow-quick).	0	2	5
c. Right foot always leading.	0	2	5
d. Side facing line of direction.	<u>0</u>	<u>2</u>	<u>5</u>
Column Total:			

6
Total:

Demonstrate
One Trial

7. Skip a distance of 15 feet.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Skip 15 feet.	0	NA	5
b. Uneven rhythm (short step, quick hop).	<u>0</u>	<u>4</u>	<u>10</u>
Column Total:			

7
Total:

MANIPULATIVE SKILLS

Demonstrate
Three Trials

8. From a distance of 10 feet, underhand roll an 8½ inch playground ball with 2 hands between 2 cones placed 4 feet apart.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Body facing target.	0	2	5
b. Arms swing between legs.	0	2	5
c. Release at target level.	0	2	5
d. Ball rolls between cones.	<u>0</u>	<u>4</u>	<u>10</u>

Column Total:

8
Total:

Demonstrate
Three Trials

9. From a distance of 10 feet, underhand roll a tennis ball between 2 cones placed 4 feet apart.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Body facing target.	0	1	2
b. Step with opposition.	0	1	2
c. Pendulum arm swing.	0	1	2
d. Release the ball at target level.	0	1	2
e. Ball rolls between cones.	<u>0</u>	<u>2</u>	<u>4</u>

Column Total:

9
Total:

Demonstrate
Three Trials

10. Underhand toss a tennis ball to a partner (evaluator) standing 10 feet away.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Body facing target.	0	1	2
b. Step with opposition.	0	1	2
c. Pendulum arm swing.	0	1	2
d. Release ball at target level.	0	1	2
e. Ball reaches the target.	<u>0</u>	<u>2</u>	<u>4</u>

Column Total:

#10
Total:

Demonstrate
Three Trials

11. With 2 hands, overhead throw an 8½ inch playground ball as far as possible.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Preparatory backswing with arms.	0	2	4
b. Elbows leading hands.	0	2	4
c. Step with weight transfer.	0	2	4
d. Follow through and forward reach.	0	2	4
e. Ball goes 4 or more feet.	<u>0</u>	<u>2</u>	<u>5</u>

Column Total:

#11
Total:

Demonstrate
Three Trials

12. Overhand throw a 5 inch bean bag as far as possible.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Preparatory arm backswing.	0	2	4
b. Trunk rotation.	0	2	4
c. Elbow leading hand.	0	2	4
d. Step with opposition.	0	2	4
e. Follow through and forward reach.	0	2	4
f. Bean bag goes 15 feet or more.	<u>0</u>	<u>2</u>	<u>5</u>

Column Total:

#12
Total:

Demonstrate
Three Trials

13. While standing, drop--let bounce once and catch an 8½ inch playground ball.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Catch ball with hands only.	<u>0</u>	<u>1</u>	<u>2</u>

Column Total:

#13
Total:

Demonstrate
Three Trials

14. Toss an 8½ inch playground ball above head level and catch it.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Catch ball with hands only.	<u>0</u>	<u>1</u>	<u>2</u>

Column Total:

#14
Total:

Demonstrate
Three Trials

15. Using 1 hand, underhand strike an 8½ inch playground ball which is placed on the ground 2 feet in front of the student. (Hint: open hand strike.)

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Move to strike the ball/underhand motion.	0	1	2
b. Weight shift.	0	1	2
c. Full swing.	0	1	2
d. Follow through.	<u>0</u>	<u>1</u>	<u>2</u>

Column Total:

#15
Total:

Demonstrate
Three Trials

16. From a running start, kick a stationary 8½ inch playground ball.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Ball goes at least 10 feet.	0	1	2
b. Backswing of leg from knee.	0	1	2
c. Contact ball with foot.	<u>0</u>	<u>1</u>	<u>2</u>

Column Total:

#16
Total:

Demonstrate
Three Trials

17. Dribble an 8½ inch playground ball with each hand.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
<u>Left:</u>			
a. Left hand dribble 5 or more.	0	1	2
b. Using left fingertips.	0	1	2
c. Waist high or lower.	0	1	2
<u>Right:</u>			
a. Right hand dribble 5 or more.	0	1	2
b. Using right fingertips.	0	1	2
c. Waist high or lower.	<u>0</u>	<u>1</u>	<u>2</u>

Column Total:

#17
Total:

BODY/SPATIAL AWARENESS

One Trial Each

18. Touch, upon verbal request, the following body parts: (Circle items missed.)			
a) toes	h) head	o) ears	v) tongue
b) eyes	i) mouth	p) lips	w) hips
c) eyebrows	j) chin	q) chest	x) hands
d) shoulders	k) arms	r) wrist	y) thumbs
e) waist	l) stomach	s) fingers	
f) elbows	m) legs	t) ankles	
g) knees	n) feet	u) nose	
		Number missed:	#18 Total:

One Trial Each

19. Upon verbal request, distinguish between fast and slow movements. (Circle items missed.)	
a. Run fast. Run slow.	
b. Move your arm slow. Move your arm fast.	
c. Walk fast. Walk slow.	
d. Move your fingers fast. Move your fingers slow.	
	Number missed:
	#19 Total:

One Trial Each

20. Upon verbal request, identify the following body surfaces by touching them: (Circle items missed.)		
a) front	d) side	g) back
b) side	e) back	h) front
c) back	f) side	i) front
	Number missed:	#20 Total:

One Trial Each

21. Upon verbal request, execute the following nonlocomotor skills: (Circle items missed.)	
a) Bend your body.	d) Twist your body
b) Sway your body.	e) Curl your body
c) Stretch your body.	Number missed:
	#21 Total:

One Trial

	<p>22. Upon verbal request, identify right and left sides of the body: (Circle items missed.)</p> <p>a) right c) left</p> <p>b) left d) right</p> <p style="text-align: right;">Number missed:</p>	<p>#22 Total:</p>
--	---	-----------------------

One Trial Each

	<p>23. Upon verbal request, walk in the following directions: (Circle items missed.)</p> <p>a) forward c) backward e) sideways</p> <p>b) around d) on tip toes</p> <p style="text-align: right;">Number missed:</p>	<p>#23 Total:</p>
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BALANCE SKILLS

Demonstrate

Two Trials

	<p>24. Stand on preferred leg for 10 seconds with hands on hips.</p> <p style="text-align: center;">Trial 1 _____ Trial 2 _____</p> <p style="text-align: center;"><u>Not Observed</u> <u>Observed</u></p> <p style="text-align: center;">0 1</p>	<p>#24 Total:</p>
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Demonstrate

Three Trials

	<p>25. Walk 6 consecutive steps on a 2 inch wide, 10 foot long line.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;"></th> <th style="width: 15%; text-align: center;"><u>Not Observed</u></th> <th style="width: 15%; text-align: center;"><u>Observed at least once</u></th> <th style="width: 10%; text-align: center;"><u>Observed everytime</u></th> </tr> </thead> <tbody> <tr> <td>a. Eyes straight ahead to end of line.</td> <td style="text-align: center;">0</td> <td style="text-align: center;">2</td> <td style="text-align: center;">5</td> </tr> <tr> <td>b. 6 consecutive steps.</td> <td style="text-align: center;"><u>0</u></td> <td style="text-align: center;"><u>6</u></td> <td style="text-align: center;"><u>15</u></td> </tr> <tr> <td style="text-align: right;">Column Total:</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>	a. Eyes straight ahead to end of line.	0	2	5	b. 6 consecutive steps.	<u>0</u>	<u>6</u>	<u>15</u>	Column Total:				<p>#25 Total:</p>
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>															
a. Eyes straight ahead to end of line.	0	2	5															
b. 6 consecutive steps.	<u>0</u>	<u>6</u>	<u>15</u>															
Column Total:																		

LEVEL II

LOUISIANA COMPETENCY TEST FOR ADAPTED PHYSICAL EDUCATION

TEST LEVEL II - Ages 7 years 7 months to 8 years 11 months

Name _____ D.O.B. _____ Date of Test _____ Age _____

School _____ Grade/Class _____ Gender ___M ___F ___

Percentage Score: _____ Program Recommendation: _____

Item Number	Content	Circle Score						
		{	-2	}}	-1	}}	+	}
Locomotor Skills								
1	Running	NA 0	12	14				18
2	Jumping	NA 0	20	28				40
3	Jumping Down	NA 0	18	24				35
4	Jump Forward/Backward	NA 0	2	3				
5	Hopping	NA 0	5	10				
6	Run and Leap	NA 0	12	21				30
7	Gallop	NA 0	24	25				35
8	Skipping	NA 0	13	17				20
9	Sliding	NA 0	18	28				40
10	Jump/Hop	NA 0	1	2				3
Manipulative Skills								
11	Roll Ball	NA 0	5	14				20
12	Underhand Toss	NA 0	4	8				16
13	Overhand Throw	NA 0	10	16				24
14	Catch	NA 0	9	18				36
15	Strike Underhand	NA 0	3	6				12
16	Kick	NA 0	1	4				8
17	Dribble	NA 0	1	4				8
18	Soccer Dribble	NA 0	3	6				12
19	Catch Wiffle Softball	NA 0	3	6				12
20	Strike	NA 0	12	22				48
Body/Spatial Awareness								
21	Body Parts	NA	7	4				0
22	Fast/Slow	NA	1	0				
23	Directions	NA	1	0				
Balance Skills								
24	Balance/1 Leg	NA 0	1	2				3
25	Heel/Toe Walk	NA 0	4	15				25
		NA:-2	-1:		+			

Comments:

_____ Evaluator

LOCOMOTOR SKILLS

Demonstrate

One Trial

1. Run 50 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Run without falling.	0	NA	8
b. Non-support phase.	0	1	2
c. Weight on balls of feet.	0	1	2
d. Knee of non-support leg bent 90°.	0	1	2
e. Push off toes.	0	1	2
f. Reciprocal arm swing.	<u>0</u>	<u>1</u>	<u>2</u>

Column Total:

1
Total:

Demonstrate

Three Trials

2. Jump forward a distance of 2 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Preparatory crouch.	0	2	5
b. Backward arm swing.	0	2	5
c. Arm swing at lift-off.	0	2	5
d. Jump a distance of two feet.	0	2	5
e. Balanced two foot bent knee landing.	<u>0</u>	<u>8</u>	<u>20</u>

Column Total:

2
Total:

Demonstrate

Three Trials

3. Jump down from a height of 17 inches. (Hint: an adult chair)

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Preparatory crouch.	0	2	5
b. Backward arm swing.	0	2	5
c. Arm swing at lift-off.	0	2	5
d. Balanced 2 foot bent knee landing.	<u>0</u>	<u>8</u>	<u>20</u>

Column Total:

3
Total:

Demonstrate

Three Trials

4. Jump forward and backward over a line. (Hint: "over and back" count as 1.)

Trial 1 _____ Trial 2 _____ Trial 3 _____

4
Total:

Demonstrate
Three Trials
Each Foot

5. Hop 3 times in place on each foot.		Not <u>Observed</u>	Observed <u>everytime</u>
a. Hop on left foot 3 times, maintaining balance.		0	5
b. Hop on right foot 3 times, maintaining balance.		<u>0</u>	<u>5</u>
Column Total:			

5
Total:

Demonstrate
Three Trials

6. Run and leap over a 12 inch high obstacle.		Not <u>Observed</u>	Observed at <u>least once</u>	Observed <u>everytime</u>
a. Take-off on 1 foot and land on the other.		0	2	5
		0	2	5
b. Run and leap, without stopping.		0	2	5
c. Non-support phase longer than run.		<u>0</u>	<u>6</u>	<u>15</u>
d. Cleared the obstacle.				
Column Total:				

6
Total:

Demonstrate
Three Trials

7. Gallop, alternating lead foot; 5 gallops on each foot.		Not <u>Observed</u>	Observed at <u>least once</u>	Observed <u>everytime</u>
a. Alternating lead foot after 5 gallops.		0	2	5
b. 10 gallops with no interruption.		0	6	15
c. Uneven rhythm (slow-quick).		0	2	5
d. Shoulders facing line of direction.		0	2	5
e. Rhythmically.		<u>0</u>	<u>2</u>	<u>5</u>
Column Total:				

7
Total:

Demonstrate
Three Trials

8. Skip forward 20 feet.		Not <u>Observed</u>	Observed at <u>least once</u>	Observed <u>everytime</u>
a. 20 feet uninterrupted.		0	6	15
b. Uneven rhythm (short step-quick hop).		<u>0</u>	<u>2</u>	<u>5</u>
Column Total:				

8
Total:

Demonstrate
Three Trials
Each Foot

9. Slide, alternating lead foot after 5 slides.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Alternating lead foot after 5 slides.	0	2	5
b. 10 slides with no interruption.	0	8	20
c. Uneven rhythm (slow-quick).	0	2	5
d. Side facing line of direction.	0	2	5
e. Rhythmically.	<u>0</u>	<u>2</u>	<u>5</u>
Column Total:			

9
Total:

Demonstrate
Three Trials

10. Perform 2 jumps - 2 hops without stopping.			
Trial 1_____	Trial 2_____	Trial 3_____	
Record the number of correct trials:			#10 Total:

MANIPULATIVE SKILLS

Demonstrate
Five Trials

11. Using a moving approach from a distance of 15 feet, underhand roll a tennis ball between 2 cones placed 4 feet apart.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Body facing target.	0	1	2
b. Moving approach 1 or more steps.	0	1	2
c. Pendulum arm swing.	0	1	2
d. Step toward target.	0	1	2
e. Release the ball at target level.	0	1	2
f. Ball rolls between cones.	<u>0</u>	<u>3 times= 5</u>	<u>10</u>
Column Total:			

#11
Total:

Demonstrate
Five Trials

12. Underhand toss a tennis ball to partner (evaluator) 15 feet away.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Body facing target.	0	1	2
b. Pendulum arm swing.	0	1	2
c. Step with opposition.	0	1	2
d. Release the ball at target level.	0	1	2
e. Ball reaches target.	<u>0</u>	<u>3 times= 4</u>	<u>8</u>
Column Total:			

#12
Total:

Demonstrate
Five Trials

13. Overhand throw a bean bag to a partner (evaluator) 15 feet away.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Preparatory arm backswing.	0	2	4
b. Trunk rotation.	0	2	4
c. Elbow leading hand.	0	2	4
d. Step with opposition.	0	2	4
e. Follow through and forward reach.	0	2	4
f. Bean bag reaches the target.	<u>0</u>	<u>3 times= 2</u>	<u>4</u>
Column Total:			

#13
Total:

Demonstrate
Five Trials

14. Catch an 8½ inch playground ball tossed underhand 10 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Palms facing direction of ball.	0	3	6
b. Pinkies or thumbs together.	0	3	6
c. Absorb force of ball with hands.	0	3	6
d. Catch with hands only.	<u>0</u>	<u>3 times= 9</u>	<u>18</u>
Column Total:			

#14
Total:

Demonstrate
Five Trials

15. With 1 hand, underhand strike a self-bounced 8½ inch playground ball. (Hint: open hand strike.)

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Weight shift.	0	1	2
b. Full swing.	0	1	2
c. Follow through.	0	1	2
d. Strikes ball.	<u>0</u>	<u>3 times= 3</u>	<u>6</u>
Column Total:			

#15
Total:

Demonstrate
Five Trials

16. From a running start, kick an 8½ inch playground ball rolled from 20 feet.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Backswing of leg from knee.	0	1	2
b. Contact ball with foot.	0	1	2
c. Ball goes at least 50 feet.	<u>0</u>	<u>3 times= 2</u>	<u>4</u>
Column Total:			

#16
Total:

Demonstrate
Five Trials

17. Dribble an 8½ inch play ground ball with either hand while moving forward.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Using fingertips.	0	1	2
b. Waist high or lower.	0	1	2
c. Dribble 5 times or more while moving.	<u>0</u>	<u>3 times= 2</u>	<u>4</u>
Column Total:			

#17
Total:

Demonstrate
Five Trials

18. Soccer style dribble an 8½ inch playground ball.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Lightly tapping.	0	1	2
b. Alternate foot contact.	0	1	2
c. Inside edge of foot.	0	1	2
d. Distance of 20 feet.	<u>0</u>	<u>3 times= 3</u>	<u>6</u>
Column Total:			

#18
Total:

Demonstrate
Five Trials

19. Catch a wiffle softball thrown overhand from 15 feet.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Palms facing direction of ball.	0	1	2
b. Absorb force by giving.	0	1	2
c. Thumbs together.	0	1	2
d. Catch and control the ball with hands.	<u>0</u>	<u>3 times= 3</u>	<u>6</u>
Column Total:			

#19
Total:

Demonstrate
Three Trials

20. Using an oversized plastic bat, strike a wiffle softball tossed underhand from a distance of 15 feet.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Grip dominant over non-dominant hand.	0	1	2
b. Square stance.	0	1	2
c. Bat off shoulder.	0	1	2
d. Elbows away from body.	0	1	2
e. Wrists cocked.	0	1	2
f. Weight shift.	0	1	2
g. Full swing.	0	1	2
h. Follow through.	0	1	2
i. Makes contact/moves ball forward.	<u>0</u>	<u>2 times= 16</u>	<u>32</u>
Column Total:			

#20 Total:

BODY/SPATIAL AWARENESS

One Trial Each

21. Upon verbal request, touch the following body parts: (Circle items missed.)			
a) toes	h) head	o) ears	v) nose
b) eyes	i) mouth	p) lips	w) tongue
c) eyebrows	j) chin	q) chest	x) hips
d) shoulder	k) arms	r) thigh	y) hands
e) waist	l) stomach	s) wrist	z) thumbs
f) elbows	m) legs	t) fingers	
g) knees	n) feet	u) ankles	
			Number missed:

#21 Total:

One Trial Each

22. Upon verbal request, distinguish between fast and slow movements: (Circle items missed.)	
a. Run fast. Run slowly.	
b. Move your arm slowly. Move your arm fast.	
c. Walk fast. Walk slowly.	
d. Move your fingers fast. Move your fingers slowly.	
Number missed:	

#22 Total:

One Trial Each

23. Upon verbal request, walk in the following directions: (Circle items missed.)

a) forward c) backward e) sideways

b) around d) on tip toes

Number missed:

#23
Total:

BALANCE SKILLS

Demonstrate

Three Trials

24. Stand on preferred leg for 10 seconds with hands on hips and eyes closed.

Trial 1_____ Trial 2_____ Trial 3_____

Record the number of correct trials.

#24
Total:

Demonstrate

Three Trials

25. Walk heel-to-toe 6 consecutive steps on a 2 inch wide, 10 foot long line.

	<u>Not Observed</u>	<u>Observed at Least once</u>	<u>Observed Everytime</u>
a. Eyes straight ahead to end of line.	0	2	5
b. Heel-to-toe steps.	0	2	5
c. 6 consecutive steps.	<u>0</u>	<u>6</u>	<u>15</u>
Column Total:			

#25
Total:

LEVEL III

LOUISIANA COMPETENCY TEST FOR ADAPTED PHYSICAL EDUCATION

TEST LEVEL III - Ages 9 years 0 months to 10 years 11 months

Name _____ D.O.B. _____ Date of Test _____ Age _____

School _____ Grade/Class _____ Gender ___M ___F

Percentage Score: _____ Program Recommendation: _____

Item Number	Content	Circle Score				
Locomotor Skills						
		{	-2	}{	-1	}{ + }
1	Dash	NA	:12.3		:10.8	:09.4
2	Standing Long Jump	NA 0	4		12	24
3	Jump Rope	NA 0	8		9	18
4	Hopping	NA 0	1		3	6
5	Run Backwards	NA 0	1		8	16
Manipulative Skills						
6	Overhand Throw	NA 0	1		5	10
7	Throw at Target	NA 0	5		15	30
8	Kick w/Outside of Foot	NA 0	5		14	28
9	Run and Kick	NA 0	1		6	12
10	Dribble	NA 0	7		11	22
Sport Skills						
11	Catch	NA 0	2		4	5
12	Field Playground Ball	NA 0	5		8	16
13	Strike with Bat	NA 0	8		24	48
14	Overhand Pass	NA 0	5		12	24
15	Punt	NA 0	3		9	22
16	Trap	NA 0	6		12	24
17	Soccer Dribble	NA 0	3		9	18
Fitness Skills						
18	Crab Walk	NA 0	11		14	17
19	Walk Line	NA 0	3		15	30
20	Vertical Jump	NA 0	8		10	20
21	Windmills	NA 0	3		8	12
22	Trunk Rotations	NA 0	2		6	8
23	Jumping Jacks	NA 0	3		12	16
Body/Spatial Awareness						
24	Body Parts	NA	7		3	0
25	Directions	NA	1		0	
		NA:-2	-1:		+:	

Comments:

_____ Evaluator

LOCOMOTOR SKILLS

Demonstrate
One Trial

1. Run 50 yards as fast as possible.

Record Time:

1
Total:

Demonstrate
Three Trials

2. Execute a standing long jump as far as possible.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Preparatory crouch.	0	1	2
b. Backward arms swing.	0	1	2
c. Forceful arms swing at lift-off.	0	1	2
d. Balanced 2 foot bent knee landing.	0	1	2
e. Jump a distance of 40 inches.	<u>0</u>	<u>8</u>	<u>16</u>
Column Total:			

2
Total:

Demonstrate
Three Trials

3. Jump a self-turned rope.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. 20 times without stopping.	0	4	8
b. Feet, legs, arms relaxed.	0	4	8
c. Feet together.	<u>0</u>	<u>1</u>	<u>2</u>
Column Total:			

3
Total:

Demonstrate
Three Trials

4. Hop 3 times on one foot; then shift to the other foot, hop 3 times.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Hop three times on each foot.	0	2	4
b. Maintains balance.	<u>0</u>	<u>1</u>	<u>2</u>
Column Total:			

4
Total:

Demonstrate

Two Trials

5. Run backwards for 10 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. 10 feet without stopping.	0	6	12
b. Knees up.	0	1	2
c. Shoulders facing forward.	<u>0</u>	<u>1</u>	<u>2</u>

Column Total:

5
Total:

MANIPULATIVE SKILLS

Demonstrate

Three Trials

6. Overhand throw a tennis ball as far as possible.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Preparatory arm backswing.	0	1	2
b. Trunk rotation.	0	1	2
c. Elbow leading hand.	0	1	2
d. Step with opposition and weight transfer.	0	1	2
e. Follow through and forward reach.	<u>0</u>	<u>1</u>	<u>2</u>

Column Total:

6
Total:

Demonstrate

Five Trials

7. Overhand throw a tennis ball to a partner (evaluator) 15 feet away.

	<u>Not Observed</u>	<u>Observed at Least once</u>	<u>Observed everytime</u>
a. Preparatory arm backswing.	0	1	2
b. Trunk rotation.	0	1	2
c. Elbow leading hand.	0	1	2
d. Step with opposition and weight transfer.	0	1	2
e. Follow through and forward reach.	0	1	2
f. Tennis ball reaches the target.	<u>0</u>	<u>3 times= 10</u>	<u>20</u>

Column Total:

7
Total:

Demonstrate
Five Trials

8. Side kick a stationary 8½ inch playground ball with the outside of the foot.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Weight support on non-kicking leg.	0	1	2
b. Support leg slightly behind kicking leg.	0	1	2
c. Contact on side of foot.	0	1	2
d. Kicking leg swings to contact ball	0	1	2
e. Ball goes 12 feet.	<u>0</u>	<u>3 times= 10</u>	<u>20</u>
Column Total:			

8 Total:

Demonstrate
Five Trials

9. From a running start, kick an 8½ inch playground ball rolled from 20 feet.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Backswing of leg from knee.	0	1	2
b. Contact with foot.	0	1	2
c. Ball goes at least 60 feet.	<u>0</u>	<u>3 times= 4</u>	<u>8</u>
Column Total:			

9 Total:

Demonstrate
Five Trials

10. Dribble an 8½ inch playground ball with dominant hand at least 5 times forward and at least 5 times backward.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Dribble at least 5 times forward.	0	3 times= 4	8
b. Dribble at least 5 times backward.	0	3 times= 4	8
c. Without stopping or losing control.	0	1	2
d. Using fingertips.	0	1	2
e. Waist high or lower.	<u>0</u>	<u>1</u>	<u>2</u>
Column Total:			

#10 Total:

SPORT SKILLS

Demonstrate

Five Trials

11. Using hands only, catch a 5 inch playground ball tossed underhand from 15 feet.

Trial 1 _____ Trial 3 _____ Trial 5 _____

Trial 2 _____ Trial 4 _____ Record the number caught.

#11
Total:

Demonstrate

Five Trials

12. Field a 5 inch playground ball thrown overhand from a distance of 20 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Body in line with approaching ball.	0	1	2
b. Little fingers together pointing down.	0	1	2
c. Knees bent to reach ball.	0	1	2
d. Number caught.	<u>0</u>	<u>3 times= 5</u>	<u>10</u>

Column Total:

#12
Total:

Demonstrate

Five Trials

13. Using a standard sized bat, strike a cloth softball tossed underhand from 20 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Grip dominant over non-dominant hand.	0	1	2
b. Square stance.	0	1	2
c. Bat off shoulder.	0	1	2
d. Elbows away from body.	0	1	2
e. Wrists cocked.	0	1	2
f. Weight shift.	0	1	2
g. Full swing (+180°).	0	1	2
h. Follow through.	0	1	2
i. Makes contact/moves ball forward.	<u>0</u>	<u>2 times= 16</u>	<u>32</u>

Column Total:

#13
Total:

Demonstrate

Five Trials

14. Overhand pass a self-set 13 inch beach ball.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin ready position with knees bent.	0	1	2
b. Ball contact/fingertips.	0	1	2
c. Wrists and fingers flexed on contact.	0	1	2
d. High follow through.	0	1	2
e. Ball goes at least 5 feet high.	<u>0</u>	<u>3 times= 8</u>	<u>16</u>

Column Total:

14
Total:

Demonstrate
Five Trials

15. Punt a soccer ball.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Ball held waist high.	0	1	2
b. Drop ball as kicking leg swings forward.	0	1	2
c. Kick the ball with instep.	0	1	2
d. Ball moves up and forward.	<u>0</u>	<u>2 times = 6</u>	<u>16</u>
Column Total:			

#15 Total:

Demonstrate
Five Trials
Each Leg

16. From a moving position, trap a soccer ball rolled from 15 feet.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
<u>Left:</u>			
a. Control the ball with sole of foot.	0	1	2
b. Body in relaxed position.	0	1	2
c. Ball stops.	0	3 times= 4	8
<u>Right:</u>			
a. Control the ball with sole of foot.	0	1	2
b. Body in relaxed position.	0	1	2
c. Ball stops.	<u>0</u>	<u>3 times= 4</u>	<u>8</u>
Column Total:			

#16 Total:

Demonstrate
Five Trials

17. Soccer style dribble a soccer ball 15 feet.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Lightly tapping.	0	1	2
b. Alternate foot contact with ball.	0	1	2
c. Inside edge of foot.	0	1	2
d. Distance of 15 feet.	<u>0</u>	<u>3 times= 6</u>	<u>12</u>
Column Total:			

#17 Total:

FITNESS

Demonstrate

One Trial

18. Crab walk for a distance of 10 feet.		Not <u>Observed</u>	Observed <u>every time</u>
a. Hands and feet support weight.		0	1
b. Seat off ground.		0	1
c. Back level.		0	1
d. Feet flat on ground.		0	1
e. Arms straight.		0	1
f. Distance of 10 feet.		<u>0</u>	<u>12</u>
Column Total:			

#18
Total:

Demonstrate

Three Trials

19. Walk heel-to-toe, forward and backward, on a 2 inch wide, 10 foot long line.		Not <u>Observed</u>	Observed at <u>least once</u>	Observed <u>everytime</u>
a. Hands on hips.		0	1	2
b. Eyes straight ahead to end of line.		0	1	2
c. Heel to toe steps.		0	1	2
d. No forward step-offs.		0	1-2 times= 6	12
e. No backward step-offs.		<u>0</u>	<u>1-2 times= 6</u>	<u>12</u>
Column Total:				

#19
Total:

Demonstrate

One Trial

20. Jump vertically 10 times consecutively. Ask the student to reach overhead in a standing position. Hold a stick 6 inches above the student's extended hand. Ask the student to jump and touch the stick each time. (Not to be performed against a wall)		Not <u>Observed</u>	Observed at <u>least once</u>	Observed <u>everytime</u>
a. Jump to at least 6 inches. (Touch the stick.)		0	4	8
b. Preparatory crouch.		0	1	2
c. 2 foot bent knee landing.		0	1	2
d. 10 times consecutively.		<u>0</u>	<u>4</u>	<u>8</u>
Column Total:				

#20
Total:

Demonstrate
One Trial

21. Execute 5 consecutive windmills.		
	<u>Not Observed</u>	<u>Observed everytime</u>
a. Begin standing erect, arms extended outward to side.	0	2
b. Feet slightly wider than shoulders.	0	2
c. Bending, touch hands to feet in opposition.	0	2
d. Slightly bended knees.	.0	2
e. 5 times without stopping.	<u>0</u>	<u>4</u>
Column Total:		

#21
Total:

Demonstrate
One Trial

22. Execute 5 consecutive trunk rotations.		
	<u>Not Observed</u>	<u>Observed everytime</u>
a. Bend forward, side, back and side.	0	2
b. Circular, smooth motion.	0	2
c. 5 times without stopping.	<u>0</u>	<u>4</u>
Column Total:		

#22
Total:

Demonstrate
One Trial

23. Execute 10 consecutive jumping jacks.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin standing with arms at side.	0	1	2
b. Jump to side stride with arms overhead.	0	1	2
c. Jump back to starting.	0	1	2
d. Rhythmically.	0	N/A	2
e. 10 times.	<u>0</u>	<u>N/A</u>	<u>8</u>
Column Total:			

#23
Total:

BODY/SPATIAL AWARENESS

One Trial Each

24. Upon verbal request, touch the following body parts: (Circle items missed.)			
a) toes	h) head	o) ears	v) nose
b) eyes	i) mouth	p) lips	w) tongue
c) eyebrows	j) chin	q) chest	x) hips
d) shoulders	k) arms	r) thigh	y) hands
e) waist	l) stomach	s) wrist	z) thumbs
f) elbows	m) legs	t) fingers	
g) knees	n) feet	u) ankles	Number missed:
			#24 Total:

One Trial Each

25. Upon verbal request, walk in the following directions: (Circle items missed.)		
a) forward	c) backward	e) sideways
b) around	d) on tip toes	
		Number missed:
		#25 Total:

LEVEL IV

LOUISIANA COMPETENCY TEST FOR ADAPTED PHYSICAL EDUCATION

TEST LEVEL IV - Ages 11 years 0 months to 12 years 11 months

Name _____ D.O.B. _____ Date of Test _____ Age _____

School _____ Grade/Class _____ Gender ___M ___F

Percentage Score: _____ Program Recommendation: _____

Item Number	Content	Circle Score								
Locomotor Skills			{	-2	}}	{	-1	}}	+	}
1	Locomotor Skills	NA 0		3		5		7		
2	Locomotor Combination	NA		0		1		3		
3	Standing Long Jump	NA 0		8		12		24		
Sport Skills										
4	Overhead Pass	NA 0		8		12		24		
5	Forearm Pass	NA 0		12		18		36		
6	Volleyball Serve	NA 0		12		18		36		
7	Cloth Softball Catch	NA 0		2		3		5		
8	Field Cloth Softball	NA 0		5		8		16		
9	Strike Cloth Softball	NA 0		16		24		48		
10	Catch Football	NA 0		2		3		5		
11	Catch Football/Moving	NA 0		1		2		5		
12	Soccer Dribble	NA 0		1		9		18		
13	Instep Kick	NA 0		6		12		24		
14	Soccer Kick	NA 0		3		6		12		
15	Dribble Basketball	NA 0		5		10		20		
16	Chest Pass	NA 0		8		12		24		
Gymnastics Skills										
17	V-Sit	NA 0		3		10		20		
18	Scale	NA 0		3		10		20		
19	Jump Turn	NA 0		4		6		12		
Fitness Skills										
20	Shuttle Run	NA		:13.6		:12.8		:11.8		
21	Sit/Reach	NA 0		3"		6"		9"		
22	Windmills	NA 0		4		8		12		
23	Push-Ups	NA 0		4		8		16		
24	Sit-Ups	NA 0		16		20		24		
25	½ Mile Jog/Walk	NA		8:00		6:00		4:30		
			NA:-2	-1:		+				

Comments:

_____ Evaluator

LOCOMOTOR SKILLS

Demonstrate
One Trial

1. Upon verbal request, execute the following skills: (Circle items missed.)			
a. Run	1		
b. Jump	1		
c. Hop	1		
d. Leap	1		
e. Gallop	1		
f. Slide	1		
g. Skip	1		
Column Total:		Total items passed:	# 1 Total:

Demonstrate
Three Trials

2. Perform smoothly (without stopping) 2 skips, 4 gallops, and 3 jumps. Record pass/fail:			
Trial 1 _____	Trial 2 _____	Trial 3 _____	
Record the number of correct trials.			# 2 Total:

Demonstrate
Three Trials

3. Execute a standing long jump as far as possible.			
	<u>Not</u> <u>Observed</u>	<u>Observed at</u> <u>least once</u>	<u>Observed</u> <u>Everytime</u>
a. Preparatory crouch.	0	1	2
b. Backward arms swing.	0	1	2
c. Forceful arms swing at lift-off.	0	1	2
d. Balanced bent knee landing on 2 feet.	0	1	2
e. Jump a distance of 48 inches.	<u>0</u>	<u>8</u>	<u>16</u>
Column Total:			# 3 Total:

SPORT SKILLS

Demonstrate

Five Trials

4. Overhead pass a volleyball tossed by the evaluator.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin ready position knees bent.	0	1	2
b. Ball contact/fingertips.	0	1	2
c. Wrists and fingers flexed on contact.	0	1	2
d. High follow through.	0	1	2
e. Ball goes 5 feet high.	<u>0</u>	<u>3 times= 8</u>	<u>16</u>

Column Total:

4
Total:

Demonstrate

Five Trials

5. Use a forearm pass to contact a volleyball tossed from 10 feet away.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Weight on balls of foot.	0	1	2
b. Contact above wrist.	0	1	2
c. Elbows extended and rotated-flat surface.	0	1	2
d. Legs flexed.	0	1	2
e. Legs extended for power.	0	1	2
f. Ball below waist at hit.	0	1	2
g. Makes contact.	<u>0</u>	<u>3 of 5= 12</u>	<u>24</u>

Column Total:

5
Total:

Demonstrate

Five Trials

6. Serve a volleyball a distance of 20 feet, 6 feet high.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Legs opposition.	0	1	2
b. Pendulum arm swing.	0	1	2
c. Weight shift.	0	1	2
d. Contact in front and below waist.	0	1	2
e. Heel of open hand on center of ball.	0	1	2
f. Follow through to flight line.	0	1	2
g. Ball goes 20 feet at 6 feet high.	<u>0</u>	<u>3 of 5= 12</u>	<u>24</u>

Column Total:

6
Total:

Demonstrate
Five Trials

7. Catch a cloth softball tossed underhand from 40 feet approximately 20 feet high.

Trial 1__ Trial 2__ Trial 3__ Trial 4__ Trial 5__

Record the number caught with the hands.

7
Total:

Demonstrate
Five Trials

8. Field a cloth softball thrown overhand from a distance of 40 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Body in line with approaching ball.	0	1	2
b. Little fingers together pointing down.	0	1	2
c. Knees bent to reach ball.	0	1	2
d. Number caught.	<u>0</u>	<u>3 times= 5</u>	<u>10</u>
Column Total:			

8
Total:

Demonstrate
Five Trials

9. Using a standard sized bat, strike a cloth softball tossed underhand from 30 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Grip dominant over non-dominant hand.	0	1	2
b. Square stance.	0	1	2
c. Bat off shoulder.	0	1	2
d. Elbows away from body.	0	1	2
e. Wrists cocked.	0	1	2
f. Weight shift.	0	1	2
g. Full swing (+180°).	0	1	2
h. Follow through.	0	1	2
i. Makes contact/moves ball.	<u>0</u>	<u>3 times= 16</u>	<u>32</u>
Column Total:			

9
Total:

Demonstrate
Five Trials

10. Catch a football thrown overhand from 30 feet.

Trial 1__ Trial 2__ Trial 3__ Trial 4__ Trial 5__

Record the number caught.

#10
Total:

Demonstrate
Five Trials

11. Run down field at a moderate speed and catch a football thrown overhand from 30 feet.

Trial 1__ Trial 2__ Trial 3__ Trial 4__ Trial 5__

Formation:
P = Passer
R = Receiver
X = Marker at 30'

X

P R

Record the number caught.

#11
Total:

Demonstrate
Five Trials

12. Soccer style dribble a soccer ball around 3 objects spaced 5 feet apart for a distance of 15 feet.

	Not Observed	Observed at least once	Observed everytime
a. Lightly tapping.	0	1	2
b. Alternate foot contact.	0	1	2
c. Inside edge of foot.	0	1	2
d. A distance of 15 feet.	0	3 times= 6	12
Column Total:			

#12
Total:

Demonstrate
Five Trials

13. Kick a stationary soccer ball with the instep (upper surface of the foot).

	Not Observed	Observed at least once	Observed everytime
a. Running approach.	0	1	2
b. Non-kicking leg behind.	0	1	2
c. Toe pointed to ground on backswing.	0	1	2
d. Follow through toward the ball.	0	1	2
e. Ball travels 60 feet.	0	3 of 5= 8	16
Column Total:			

#13
Total:

Demonstrate
Five Trials

14. Using a soccer ball, kick a bounced ball with the dominant foot. (Hint: The ball will be bounced once by the student.)

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Contact at knee level/upper surface of foot.	0	2	4
b. At contact, ball is airborne.	0	2	4
c. Leg is bent on forward swing.	0	1	2
d. Leg is bent on backward swing.	<u>0</u>	<u>1</u>	<u>2</u>
Column Total:			

#14
Total:

Demonstrate
Five Trials

15. While running at moderate speed, dribble a basketball 40 feet with dominant hand.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Using fingertips.	0	1	2
b. Waist high or lower.	0	1	2
c. Without stopping or losing control.	<u>0</u>	<u>3 of 5= 8</u>	<u>16</u>
Column Total:			

#15
Total:

Demonstrate
Five Trials

16. Chest pass a basketball within reach of a receiver from 15 feet away.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Ball held chest high.	0	1	2
b. Forcefully extending elbows.	0	1	2
c. Weight shifted toward receiver.	0	1	2
d. Thumbs pointed down on follow through.	0	1	2
e. The basketball reaches receiver at chest height.	<u>0</u>	<u>3 of 5= 8</u>	<u>16</u>
Column Total:			

#16
Total:

GYMNASTICS

Demonstrate

Three Trials

17. Execute a V-sit with support.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin sitting with the legs together and hands on the floor behind the body for support.	0	1	2
b. Elevate legs so they form a "V" with the trunk.	0	1	2
c. Legs remain extended together.	0	2	4
d. Hands remain on the floor near hips.	0	2	4
e. Hold for three seconds.	<u>0</u>	<u>4</u>	<u>8</u>
Column Total:			

#17
Total:

Demonstrate

Three Trials

18. Execute a scale.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin standing, arms extended outward to side.	0	1	2
b. Eyes forward.	0	1	2
c. Extend one leg backward parallel to the floor.	0	2	4
d. Bend torso horizontal to the floor.	0	2	4
e. Hold for 3 seconds.	<u>0</u>	<u>4</u>	<u>8</u>
Column Total:			

#18
Total:

Demonstrate

Three Trials

19. Execute a 180° jump turn.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin standing.	0	1	2
b. Bend knees in preparation for a vertical jump.	0	1	2
c. Jump; turn 180°.	0	2	4
d. Balanced landing with knees slightly bent.	<u>0</u>	<u>2</u>	<u>4</u>
Column Total:			

#19
Total:

FITNESS

Demonstrate
One Trial

20. Perform the shuttle run as quickly as possible. The tester gives a start signal; the runner runs 30 feet to pick-up a 5 inch bean bag, runs back to the starting line, places the bag on the starting line and repeats for the second bag, but crosses the starting line with the bag in hand.

Record the time.

#20
Total:

Demonstrate
One Trial

21. While seated, lean forward with hands placed on top of each other- extending the fingertips, palms down, knees extended - and reach as far forward as possible and hold for one second. (A warm-up of lower back and hamstrings prior to testing is important. Slow, sustained stretching, NO BOBBING. A trial consists of four reaches.)

Record the score: _____ inches

Evaluator's Note: The score is the most distant point on the 4th reach held by both hands for one second. Measure to the nearest inch. The trial is invalid and should be re-administered if knees fail to remain fully extended, or if hands are uneven. The ruler should be accurately placed where zero is toward the trunk of the body and the nine is placed on the toes.

#21
Total:

Demonstrate
One Trial

22. Execute 5 consecutive windmills.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin standing erect, arms extended outward to side.	0	1	2
b. Feet slightly wider than shoulders.	0	1	2
c. Bending, touch hands to feet in opposition alternately.	0	1	2
d. Slightly bended knees.	0	1	2
e. 5 times without stopping.	<u>0</u>	<u>NA</u>	<u>4</u>
Column Total:			

#22
Total:

Demonstrate

One Trial

23. Execute push-ups continuously without resting on the floor.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin in prone position.	0	1	2
b. Hands under shoulders.	0	1	2
c. Toes on floor.	0	1	2
d. Lower body by flexing arms.	0	1	2
e. Raise body by extending arms.	0	1	2
f. Repeat 6 times.	<u>0</u>	<u>2 times = 3</u>	<u>6</u>
Column Total:			#23 Total:

Demonstrate

One Trial

24. Execute bent-knee crunches with hands crossed on chest and abdominals contracted; lift head and upper body until shoulder blades leave the floor surface; then lower the upper body until shoulder blades fully contact floor surface. Continue for 1 minute or until the student stops. (Count the number.)	#24 Total:
Total:	

One Trial

25. Jog and/or walk for ½ mile. Test area: the ½ mile equals 2 laps around a standard track, or 880 yards measured on a straight away area.	#25 Total:
Record time:	

LEVEL V

LOUISIANA COMPETENCY TEST FOR ADAPTED PHYSICAL EDUCATION

TEST LEVEL V - Ages 13 years 0 months to 14 years 11 months

Name _____ D.O.B. _____ Date of Test _____ Age _____

School _____ Grade/Class _____ Gender M F

Percentage Score: _____ Program Recommendation: _____

Item Number	Content	Circle Score					
Locomotor Skills			{	-2	}{	-1	}{ + }
1	Locomotor Combo	NA	1	2	3		
2	Sliding	NA 0	1	2			
Sport Skills							
3	Volleyball Serve	NA 0	12	18	36		
4	Cloth Softball Catch	NA 0	1	3	5		
5	Field Cloth Softball	NA 0	2	3	5		
6	Cloth Softball Throw	NA 0	2	3	5		
7	Bat	NA 0	10	24	48		
8	Football Pass	NA 0	1	3	5		
9	Catch Football	NA 0	1	3	5		
10	Soccer Dribble	NA 0	3	9	18		
11	Soccer Punt	NA 0	3	9	18		
12	Dribble	NA 0	3	6	12		
13	Bounce Pass	NA 0	6	9	18		
Gymnastics Skills							
14	Jump Turn	NA 0	1	4	6		
15	Walk Outs	NA 0	3	5	8		
Fitness Skills							
16	Windmills	NA 0	1	6	12		
17	Standing Long Jump	NA 0	9	14	24		
18	Push-Ups	NA 0	4	8	16		
19	Crunches	NA 0	4	20	32		
20	Vertical Jump	NA 0	11	14	20		
21	Trunk Rotations	NA 0	2	4	8		
22	Jumping Jacks	NA 0	3	11	16		
23	Sit/Reach	NA 0	3.5"	6"	9"		
24	Shuttle Run	NA	:13.0	:12.6	:11.0		
25	Jog/Walk	NA	7:00	6:00	4:30		
			NA:-2	-1:	+		

Comments:

Evaluator

LOCOMOTOR SKILLS

Demonstrate
Three Trials

1. Perform smoothly (without stopping) 2 skips, 4 gallops, and 3 jumps.

Trial 1 _____ Trial 2 _____ Trial 3 _____

Record the number of correct trials.

1
Total:

Demonstrate
One Trial Each

2. Slide in the following patterns:

3 to the right and 3 to the left. Trial 1 _____
5 to the right and 5 to the left. Trial 2 _____

Record the number of correct trials.

2
Total:

SPORT SKILLS

Demonstrate
Five Trials

3. Serve a volleyball a distance of 20 feet, 6 feet high.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Legs opposition.	0	1	2
b. Pendulum arm swing.	0	1	2
c. Weight shift.	0	1	2
d. Contact in front and below waist.	0	1	2
e. Heel of hand on center of ball.	0	1	2
f. Follow through to flight line.	0	1	2
g. Ball travels 20 feet at least a height of 6 feet.	0	3 of 5= 12	24
Column Total:			

3
Total:

Demonstrate
Five Trials

4. Catch a cloth softball tossed underhand from 40 feet approximately 20 feet high.

Trial 1 _____ Trial 2 _____ Trial 3 _____ Trial 4 _____ Trial 5 _____

Record the number of correct trials.

4
Total:

Demonstrate
Five Trials

5. Field a cloth softball thrown overhand or hit from 50 feet. (The ball should bounce at least once.)

Trial 1__ Trial 2__ Trial 3__ Trial 4__ Trial 5__

Record the number caught.

5
Total:

Demonstrate
Five Trials

6. Overhand throw a cloth softball within reach of a receiver a distance of 50 feet.

Trial 1__ Trial 2__ Trial 3__ Trial 4__ Trial 5__

Record the number of successful trials.

6
Total:

Demonstrate
Five Trials

7. Using a standard-sized bat, strike a cloth softball tossed underhand from 40 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Grip dominant over non-dominant hand.	0	1	2
b. Square stance.	0	1	2
c. Bat off shoulder.	0	1	2
d. Elbows away from body.	0	1	2
e. Wrists cocked.	0	1	2
f. Weight shift.	0	1	2
g. Full swing (+180°).	0	1	2
h. Follow through.	0	1	2
i. Makes contact/moves ball in fair territory.	<u>0</u>	<u>3 times= 16</u>	<u>32</u>

Column Total:

7
Total:

Demonstrate
Five Trials

8. Pass a football within reach of a receiver 30 feet away.

Trial 1__ Trial 2__ Trial 3__ Trial 4__ Trial 5__

Record the number of successful trials.

8
Total:

Demonstrate

Five Trials

9. Run down field at a moderate speed and catch a football thrown overhand from 30 feet.

9
Total:

Trial 1___ Trial 2___ Trial 3___ Trial 4___ Trial 5___
 Formation:
 P = Passer X
 R = Receiver
 X = Marker at 30 feet P R Record the number caught

Demonstrate

Five Trials

10. Soccer style dribble a soccer ball around 3 objects spaced 5 feet apart for a distance of 15 feet.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Lightly tapping.	0	1	2
b. Alternate foot contact.	0	1	2
c. Inside edge of foot.	0	1	2
d. A distance of 15 feet.	<u>0</u>	<u>3 times= 6</u>	<u>12</u>

Column Total:

#10
Total:

Demonstrate

Five Trials

11. Punt a soccer ball.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Ball held waist high.	0	1	2
b. Drop the ball as kicking leg swings forward.	0	1	2
c. Kick the ball with instep.	0	1	2
d. Ball moves up and forward.	<u>0</u>	<u>3 times= 6</u>	<u>12</u>

Column Total:

#11
Total:

Demonstrate

Three Trials

12. Dribble a basketball around 4 stationary objects spaced 6 feet apart.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Fingertip contact.	0	1	2
b. Ball at waist or below.	0	1	2
c. Change hands at each object.	0	1	2
d. Without stopping or losing control.	<u>0</u>	<u>3</u>	<u>6</u>

Column Total:

#12
Total:

Demonstrate

Three Trials

13. Using a basketball, execute a 2 hand bounce pass to a receiver 10 feet away.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Ball held chest high.	0	1	2

b. Fingers spread.	0	1	2	
c. Elbows bent.	0	1	2	
d. Forcefully extending elbows.	0	1	2	
e. Weight shifted toward receiver.	0	1	2	
f. Hit a target spot on the floor 2/3 distance from the passer.	0	1	2	
g. Ball reaches receiver at chest height.	<u>0</u>	<u>2 times=3</u>	<u>3 times=6</u>	
Column Total:				#13 Total:

GYMNASTICS

Demonstrate

Three Trials

14. Execute a jump with a full turn.				
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>	
a. Begin in standing position.	0	1	2	
b. Turn 360°.	0	1	2	
c. Land without losing balance.	<u>0</u>	<u>1</u>	<u>2</u>	
Column Total:				#14 Total:

Demonstrate

One Trial

15. Execute 5 consecutive walk-outs.				
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>	
a. Begin on hands/feet.	0	1	2	
b. Hands walk forward to push-up position.	0	1	2	
c. Hands walk backward to starting place.	0	1	2	
d. 5 consecutive times.	<u>0</u>	<u>NA</u>	<u>2</u>	
Column Total:				#15 Total:

FITNESS

Demonstrate

One Trial

16. Execute 5 consecutive windmills.				
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>	
a. Begin standing erect, arms extended				

outward to side.	0	1	2	
b. Feet slightly wider than shoulders.	0	1	2	
c. Bending, touch hands to feet in opposition alternately.	0	1	2	
d. Slightly bending knees.	0	1	2	
e. 5 times without stopping.	<u>0</u>	<u>NA</u>	<u>4</u>	
Column Total:				#16 Total:

Demonstrate
Three Trials

17. Execute a standing long jump as far as possible.				
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>	
a. Preparatory crouch	0	1	2	
b. Backward arm swing.	0	1	2	
c. Forceful arm swing at lift-off.	0	1	2	
d. Balanced two feet, bent knee landing.	0	1	2	
e. Jump a distance of 48 inches.	<u>0</u>	<u>8</u>	<u>16</u>	
Column Total:				#17 Total:

Demonstrate
One Trial

18. Execute push-ups continuously without resting on the floor.				
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>	
a. Begin in prone position.	0	1	2	
b. Hands under shoulders.	0	1	2	
c. Toes on floor.	0	1	2	
d. Lower body by flexing arms.	0	1	2	
e. Raise body by extending arms.	0	1	2	
f. Repeat 6 times.	<u>0</u>	<u>3 times = 3</u>	<u>6</u>	
Column Total:				#18 Total:

Demonstrate
One Trial

19. Execute bent-knee crunches with hands crossed on chest and abdominals contracted; lift head and upper body until shoulder blades leave the floor surface; then lower the upper body until shoulder blades fully contact floor surface. Continue for one minute or until the student stops. (Count the number.)

Total:

#19
Total:

Demonstrate
One Trial

20. Jump vertically 10 times consecutively. Ask the student to reach overhead in a standing position; hold a stick six inches above the extended hand. Ask the student to jump and touch the stick each time. (Not to be performed against a wall.)

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Jump a distance of 6 inches. (Touch the stick.)	0	4	8
b. Preparatory crouch.	0	1	2
c. Balanced two feet, bent knee landing.	0	1	2
d. 10 times consecutively.	<u>0</u>	<u>N/A</u>	<u>8</u>

Column Total:

#20
Total:

Demonstrate
One Trial

21. Execute 5 consecutive trunk rotations.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Bending forward, side, back and side.	0	1	2
b. Circular, smooth motion.	0	1	2
c. 5 times without stopping.	<u>0</u>	<u>NA</u>	<u>4</u>

Column Total:

#21
Total:

Demonstrate
One Trial

22. Execute 10 consecutive jumping jacks.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin standing arms at side (feet together).	0	1	2
b. Jump to side stride/arms overhead.	0	1	2
c. Jump back to starting.	0	1	2
d. Rhythmically.	0	NA	2
e. 10 times.	<u>0</u>	<u>NA</u>	<u>8</u>

Column Total:

#22
Total:

Demonstrate
One Trial

23. While seated, lean forward with hands placed on top of each other; extending the fingertips, palms down, knees extended and reach as far forward as possible and hold for one second. (A warm-up of lower back and hamstrings prior to testing is important. Slow, sustained stretching, NO BOBBING. A trial consists of four reaches.

Record the score: _____ inches

Evaluator's Note: The score is the most distant point reached on the 4th reach held by both hands for one second. Measure to the nearest inch. The trial is invalid and should be re-administered if knees fail to remain fully extended, or if hands are uneven. The ruler should be accurately placed where zero is toward the trunk of the body and the nine is placed on the toes.

#23
Total:

Demonstrate
One Trial

24. Perform the shuttle run as quickly as possible. The tester gives a start signal; the runner runs 30 feet to pick-up a 5 inch bean bag, runs back to the starting line, places the bag on the starting line, repeats for the second bag, but crosses the starting line with the bag in hand.

Record Time:

#24
Total:

One Trial

25. Jog and/or walk for ½ mile. Test area: the ½ mile equals two laps around a standard track, or 880 yards measured on a straight away area.

Record time:

#25
Total:

LEVEL VI

LOUISIANA COMPETENCY TEST FOR ADAPTED PHYSICAL EDUCATION

TEST LEVEL VI - Ages 15 years 0 months and older

Name _____ D.O.B. _____ Date of Test _____ Age _____

School _____ Grade/Class _____ Gender ___M___F

Percentage Score: _____ Program Recommendation: _____

Item Number	Content	Circle Score	-2	-1	+
Sport Skills					
1	Overhead Volley	NA 0	6	12	24
2	Forearm Pass	NA 0	12	18	30
3	Volleyball Serve	NA 0	1	3	5
4	Soccer Dribble	NA 0	4	9	18
5	Soccer Kick	NA 0	1	8	16
6	Overhand Throw	NA 0	2	3	5
7	Field Cloth Softball	NA 0	2	3	5
8	Catch Cloth Softball	NA 0	1	3	5
9	Bat Cloth Softball	NA	0	2	5
10	Dribble	NA 0	5	8	12
11	Bounce Pass	NA 0	1	3	5
Gymnastics Skills					
12	Jump Turn	NA 0	1	3	6
13	Walk-Outs	NA 0	6	7	8
14	V-Sits	NA 0	5	10	20
Fitness Skills					
15	Vertical Jump	NA 0	13	16	20
16	Long Jump	NA 0	8	12	16
17	Shuttle Run	NA	:14.0	:12.6	:11.0
18	50 Yard Dash	NA	:11.0	:09.4	:08.4
19	Hop	NA 0	1	2	
20	Arm/Leg Lifts	NA 0	1	9	18
21	Push-Ups	NA 0	4	8	16
22	Crunches	NA 0	10	20	30
23	Sit/Reach	NA 0	4.50"	6.00"	9.00"
24	Jumping Jacks	NA 0	3	11	16
25	Jog/Walk	NA	7:00	6:00	4:30
		NA:-2	-1:	+	

Comments:

_____ Evaluator

SPORT SKILLS

Demonstrate
Three Trials

1. Overhead pass a volleyball against the wall for 1 minute.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin ready position with knees bent.	0	1	2
b. Ball contact/fingertips.	0	1	2
c. Wrists and fingers are flexed on contact.	0	1	2
d. High follow through.	0	1	2
e. Ball goes 10 feet high.	<u>0</u>	<u>8 times= 12</u>	<u>16</u>
Column Total:			

1
Total:

Demonstrate
Five Trials

2. Use a forearm pass to contact a volleyball tossed from 10 feet away.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Contact above wrist.	0	1	2
b. Elbows extended and rotated-flat surface.	0	1	2
c. Ball below waist at hit.	0	1	2
d. Makes contact with the ball.	<u>0</u>	<u>3 of 5= 12</u>	<u>24</u>
Column Total:			

2
Total:

Demonstrate
Five Trials

3. Serve a volleyball for a distance of 30 feet, 7 feet high.					
Trial 1	___	Trial 2	___	Trial 3	___
Trial 4	___	Trial 5	___		
Record the number of correct trials.					

3
Total:

Demonstrate
Three Trials

4. Soccer style dribble a soccer ball around 3 objects spaced 5 feet apart for a distance of 15 feet.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Lightly tapping.	0	1	2
b. Alternate foot contact.	0	1	2
c. Inside edge of foot.	0	1	2
d. Distance of 15 feet without losing control.	<u>0</u>	<u>1 time= 6</u>	<u>12</u>
Column Total:			

4
Total:

Demonstrate
Five Trials

5. Kick a stationary soccer ball with the outside of the foot.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Contact by side and little toe.	0	1	2
b. Kicking leg swings in front of support leg.	0	1	2
c. Ball travels 30 feet.	<u>0</u>	<u>3 times= 6</u>	<u>12</u>
Column Total:			

5 Total:

Demonstrate
Five Trials

6. Overhand throw a cloth softball within reach of a receiver a distance of 60 feet.					
Trial 1__	Trial 2__	Trial 3__	Trial 4__	Trial 5__	
Record the number of successful trials.					

6 Total:

Demonstrate
Five Trials

7. Field a cloth softball thrown overhand or hit from 50 feet. (Hint: The ball should bounce at least once.)					
Trial 1__	Trial 2__	Trial 3__	Trial 4__	Trial 5__	
Record the number caught with the hands.					

7 Total:

Demonstrate
Five Trials

8. Catch a cloth softball tossed underhand from 40 feet approximately 20 feet high.					
Trial 1__	Trial 2__	Trial 3__	Trial 4__	Trial 5__	
Record the number caught with the hands.					

8 Total:

Demonstrate
Five Trials

9. Using a standard-sized bat, strike a cloth softball that is tossed underhand from 40 feet into fair territory.					
Trial 1__	Trial 2__	Trial 3__	Trial 4__	Trial 5__	
Record the number hit into fair territory.					

9 Total:

Demonstrate
Three Trials

10. Dribble a basketball around 4 stationary objects spaced 6 feet apart.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Fingertip contact.	0	1	2
b. Ball at waist or below.	0	1	2
c. Without stopping or losing control.	0	1	2
d. Change hands at each object.	<u>0</u>	<u>3</u>	<u>6</u>
Column Total:			

#10
Total:

Demonstrate
Five Trials

11. Using a basketball, execute a 2 hand bounce pass to a receiver 10 feet away.					
Trial 1	Trial 2	Trial 3	Trial 4	Trial 5	
___	___	___	___	___	
Record the number correct trials.					

#11
Total:

GYMNASTICS

Demonstrate
Three Trials

12. Execute a jump with a full turn.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin in standing position.	0	1	2
b. Turn 360°.	0	1	2
c. Land without losing balance.	<u>0</u>	<u>1</u>	<u>2</u>
Column Total:			

#12
Total:

Demonstrate
One Trial

13. Execute 5 consecutive walk-outs.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin on hands/feet.	0	1	2
b. Hands walk forward to push-up position.	0	1	2
c. Hands walk backward to starting place.	0	1	2
d. 5 consecutive roll-outs.	<u>0</u>	<u>NA</u>	<u>2</u>
Column Total:			

#13
Total:

Demonstrate
Three Trials

14. Execute a V-sit without support.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin sitting with the legs together and arms extended to the side.	0	1	2
b. Elevate legs so they form a "V" with the trunk.	0	1	2
c. Legs remain extended together.	0	2	4
d. Arms remain extended.	0	2	4
e. Hold position for 3 seconds.	<u>0</u>	<u>4</u>	<u>8</u>
Column Total:			

#14 Total:

FITNESS

Demonstrate
One Trial

15. Jump vertically 10 times consecutively. Ask the student to reach overhead in a standing position; hold a stick 6 inches above the extended hand. Ask the student to jump and touch the stick each time. (Not to be performed against a wall)			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Jump a distance of six inches. (Touch the stick.)	0	4	8
b. Preparatory crouch.	0	1	2
c. 2 feet, bent knee landing.	0	1	2
d. 10 times consecutively.	<u>0</u>	N/A	<u>8</u>
Column Total:			

15 Total:

Demonstrate
Three Trials

16. Execute a standing long jump as far as possible.			
	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Preparatory crouch.	0	1	2
b. Backward arm swing.	0	1	2
c. Forceful arm swing at lift-off.	0	1	2
d. 2 feet, bent knee landing.	0	1	2
e. Jump a distance of 48 inches.	<u>0</u>	<u>4</u>	<u>8</u>
Column Total:			

#16 Total:

Demonstrate
One Trial

17. Perform the shuttle run as quickly as possible. The tester gives a start signal. The runner runs 30 feet to pick up a 5 inch bean bag, runs back to the starting line, places the bag on the starting line, repeats for the second bag, but crosses the starting line with the bag in hand.

Record Time:

#17
Total:

Demonstrate
One Trial

18. Run 50 yards as fast as possible.

Record Time:

#18
Total:

Demonstrate
One Trial
Each Foot

19. Hop 20 feet on each foot.

One trial right foot _____

One trial left foot _____

Record the number of correct trials.

#19
Total:

Demonstrate
One Trial

20. Execute 5 repetitions of arm and leg lifter. (Both the arm and leg must be held in extension simultaneously.)

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Lie face down, arms overhead.	0	1	2
b. Raise right leg-left arm simultaneously.	0	1	2
c. Raise left leg-right arm simultaneously.	0	1	2
d. Hold 3 seconds.	0	3	6
e. Repeat 5 times on each side	<u>0</u>	<u>NA</u>	<u>6</u>
Column Total:			

#20
Total:

Demonstrate
One Trial

21. Execute push-ups continuously without resting on the floor.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin in prone position.	0	1	2
b. Hands under shoulders.	0	1	2
c. Toes on floor.	0	1	2
d. Lower body by flexing arms.	0	1	2
e. Raise body by extending arms.	0	1	2
f. Repeat 6 times.	<u>0</u>	<u>4 times = 3</u>	<u>6</u>
Column Total:			

#21
Total:

Demonstrate
One Trial

22. Execute bent-knee crunches with hands crossed on chest and abdominals contracted; lift head and upper body until shoulder blades leave the floor surface; then lower the upper body until shoulder blades fully contact floor surface. Continue for 1 minute or until the student stops. (Count the number.)

Total:

#22
Total:

Demonstrate
One Trial

23. While seated, lean forward with hands placed on top of each other - extending the fingertips, palms down, knees extended - and reach as far forward as possible and hold for 1 second. (A warm-up of lower back and hamstrings prior to testing is important. Slow, sustained stretching, NO BOBBING. A trial consists of 4 reaches.

Record the score: _____ inches

Evaluator's Note: The score is the most distant point reached on the 4th reach held by both hands for one second. Measure to the nearest inch. The trial is invalid and should be re-administered if knees fail to remain fully extended, or if hands are uneven. The ruler should be accurately placed where zero is toward the trunk of the body and the nine is placed on the toes.

#23
Total:

Demonstrate
One Trial

24. Execute 10 consecutive jumping jacks.

	<u>Not Observed</u>	<u>Observed at least once</u>	<u>Observed everytime</u>
a. Begin standing with arms at side (feet together).	0	1	2
b. Jump to side stride/arms overhead.	0	1	2
c. Jump back to starting position.	0	1	2
d. Rhythmically.	0	NA	2
e. 10 times.	<u>0</u>	<u>NA</u>	<u>8</u>

Column Total:

#24
Total:

One Trial

25. Jog and/or walk for ½ mile. Test area: the ½ mile equals 2 laps around a standard track or 880 yards measured on a straight away area.

Record time:

#25
Total:

CTAPE Level I**Test Items/State Benchmarks**

<u>Skill</u>	<u>Primary Grades K-2</u>	<u>Elementary Grades 3-5</u>	<u>Middle Grades 6-8</u>	<u>High School Grades 9-12</u>
1. Run 50 feet.	4P1 4P2 4P3			
2. Jump forward 3 times in succession.	1P1 2P4 2P5 4P1 4P2 4P3			
3. Hop 10 feet on each foot.	4P1 4P2 4P3			
4. Run and leap.	4P1 4P2 4P3			
5. Gallop 10 feet on each foot.	3P2 3P4 4P1 4P2 4P3			
6. Slide 10 feet each side.	4P1 4P2 4P3			
7. Skip a distance of 15 feet.	4P1 4P2 4P3			
8. Roll an 8 ½ inch playground with 2 hands between 2 cones set 4 feet apart.	1P3 2P2 2P4 2P5 4P4 5P3			
9. Roll a tennis ball underhanded from a distance of 10 feet between 2 cones, set 4 feet apart.	1P3 2P2 2P4 2P5 4P4 5P3			
10. Throw a tennis ball underhanded to a partner standing 10 feet away.	1P3 2P2 2P4 2P5 4P4 5P3			
11. With 2 hands throw overhand an 8 ½ inch playground ball as far as possible.	1P3 2P2 2P4 2P5 4P4 5P3			
12. Throw 5 inch bean bag overhand as far as possible.	1P3 2P2 2P4 2P5 4P4 5P3			
13. Standing drop—let bounce once and catch an 8 1/2 inch playground ball.	1P3 2P2 2P4 2P5 4P4 5P3			
14. Toss an 8 ½ inch playground ball above head level and catch it.	1P3 2P2 2P4 2P5 4P4 5P3			
15. Using 1 hand, underhand strike an 8 ½ inch playground ball which is placed 2 feet in front of student.	1P3 2P2 2P4 4P4 5P2 5P3			
16. Kick a stationary 8 ½ inch playground ball from a running start.	1P3 2P2 2P4 4P4 5P2 5P3			
17. Dribble an 8 ½ inch playground ball with each hand.	1P3 2P2 2P4 4P4 5P2 5P3			
18. Touch, upon verbal request, the following body parts:	1P1 1P2 2P2 2P4 2P5 5P2			
19. Upon verbal request, distinguish fast and slow by demonstrating pairs of movements.	1P1 2P2 2P3 2P4 2P5 5P2			
20. Identify upon verbal request the following body surfaces by touching them.	1P1 1P2 2P2 2P4 2P5 5P2			
21. Execute the following non-locomotor skills upon request:	1P1 1P2 2P2 2P4 2P5 5P2			
22. Identify right and left sides of the body upon request.	1P1 2P2 2P3 2P4 2P5			
23. Move in the following directions upon verbal request.	1P1 2P2 2P3 2P4 2P5			
24. Stand on preferred leg for 10 seconds with hands on hips.	1P1 2P4 2P5			
25. Walk 6 consecutive steps on a 2 inch wide, 10 foot line.	1P1 2P4 2P5			

CTAPE Level II**Test Items/State Benchmarks**

<u>Skill</u>	<u>Primary</u> Grades K-2	<u>Elementary</u> Grades 3-5	<u>Middle</u> Grades 6-8	<u>High School</u> Grades 9-12
1. Run 50 feet.		4E1 4E2 4E3 4E4 4E5		
2. Jump forward a distance of 2 feet.		4E1 4E2 4E3 4E4 4E5		
3. Jump down from an adult chair.		4E1 4E5		
4. Jump forward and backward over a line.		1E1 1E2 1E3 1E4		
5. Hop 3 times in place on each foot.		1E1 1E2 1E3 1E4		
6. Run and leap over a 12 inch high obstacle.		1E2 1E3 4E1 4E3 4E4 4E5		
7. Gallop, alternating lead foot; 5 gallops on each foot.		1E2 1E3 4E1 4E3 4E4 4E5		
8. Skip forward 20 feet.		1E2 1E3 4E1 4E3 4E4 4E5		
9. Slide, alternating lead foot after 5 slides.		1E2 1E3 4E1 4E3 4E4 4E5		
10. Perform smoothly without stopping 2 jumps 2 hops.		1E2 1E3 4E1 4E3 4E4 4E5		
11. From a distance of 15 feet, using a moving approach, underhand roll a tennis ball between 2 cones placed 4 feet apart.		1E2 1E3 1E4 2E1		
12. Underhand throw a tennis ball to a partner (evaluator) 15 feet away.		1E2 1E3 1E4 2E1		
13. Overhand throw a beanbag to a partner (evaluator) 15 feet away.		1E2 1E3 1E4 2E1		
14. Catch an 8½ inch playground ball that was tossed underhand 10 feet.		1E2 1E3 1E4		
15. With 1 hand, underhand strike a self-bounced 8½ inch playground ball.		1E2 1E3 1E4 2E1 2E2		
16. From a running start, kick an 8½ inch playground ball rolled from 20 feet.		1E2 1E3 1E4 3E2		
17. Dribble an 8½ inch playground ball with either hand while moving forward.		1E2 1E3 1E4 2E1 2E2		
18. Soccer style dribble an 8½ inch playground ball.		1E2 1E3 1E4 2E1 2E2		
19. Catch a plastic softball thrown overhand from 15 feet.		1E2 1E3 1E4		
20. Using an oversized plastic bat, strike a plastic softball tossed underhand from a distance of 15 feet.		1E2 1E3 1E4 2E1 2E2		
21. Upon verbal request, touch the following body parts.		2E1		
22. Upon verbal request, distinguish fast and slow movements.		1E2 1E3 2E2 2E3		
23. Upon verbal request, move in the following directions		1E2		
24. Stand on preferred leg for 10 seconds with hands on hips and eyes closed.		1E1 1E2 1E3 1E4		
25. Walk heel-to-toe 6 consecutive steps on a 2 inch wide, 10 foot line.		1E1 1E2 1E3 1E4		

CTAPE Level III**Test Items/State Benchmarks**

<u>Skill</u>	<u>Primary</u> Grades K-2	<u>Elementary</u> Grades 3-5	<u>Middle</u> Grades 6-8	<u>High School</u> Grades 9-12
1. Run 50 yards as fast as possible.		1E2 1E3 4E1 4E2 4E3 4E4 4E5		
2. Execute a standing long jump as far as possible.		1E2 1E4 4E1 4E2 4E3 4E4 4E5		
3. Jump a self-turned rope.		1E1 1E2 1E3 1E4 4E1 4E2 4E3 4E4 4E5		
4. Hop 3 times on one foot; then shift to the other foot, hop 3 times.		1E1 1E2 1E3 1E4 4E1 4E2 4E3 4E4 4E5		
5. Run backward for 10 feet.		1E1 1E2 1E3 1E4 4E1 4E2 4E3 4E4 4E5		
6. Overhand throw a tennis ball as far as possible.		1E2 1E3 1E4 2E1		
7. Overhand throw a tennis ball to a partner (evaluator) 15 feet away.		1E2 1E3 1E4 2E1		
8. Side kick a stationary 8½ inch playground ball with the outside of the foot.		1E2 1E3 1E4 2E2		
9. From a running start, kick an 8½ inch playground ball rolled from 20 feet.		1E2 1E3 1E4		
10. Dribble an 8½ inch playground ball with dominant hand 5 times forward and 5 times backward.		1E2 1E3 1E4 2E1 2E2		
11. Using hands only, catch a 5 inch playground ball tossed from 15 feet.		1E2 1E3 1E4		
12. Field a 5 inch playground ball thrown from a distance of 20 feet.		1E2 1E3 1E4		
13. Using a standard sized bat, strike a tossed cloth ball from 20 feet.		1E2 1E3 1E4 2E1 2E2		
14. Overhand pass a self-set 13 inch beach ball.		1E1 1E3 1E5 2E3 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5		
15. Punt a soccer ball.		1E2 1E3 1E4 3E2 7E		
16. From a moving position, trap a soccer ball rolled from 15 feet.		1E2 1E3 1E4 3E2 7E1		
17. Soccer style dribble a soccer ball 15 feet.		1E2 1E3 1E4 2E1 2E2		
18. Crab walk with stomach up for a distance of 10 feet.		4E1 4E2 4E3 4E4 4E5		
19. Walk heel-to-toe on a 2 inch wide, 10 foot line, forward and backwards.		1E1 1E2 1E3 1E		
20. Jump vertically 10 times consecutively.		4E1 4E2 4E3 4E4 4E5		
21. Execute 5 consecutive windmills.		4E1 4E2 4E3 4E4 4E5		
22. Execute 5 consecutive trunk rotations.		4E1 4E2 4E3 4E4 4E5		
23. Execute 10 consecutive jumping jacks.		4E1 4E2 4E3 4E4 4E5		
24. Upon verbal request, touch the following body parts.		2E1		
25. Upon verbal requests, move in the following directions.		1E2		

CTAPE Level IV

Test Items/State Benchmarks

Skill	Primary Grades K-2	Elementary Grades 3-5	Middle Grades 6-8	High School Grades 9-12
1. Upon verbal request, execute the following skills.		1E2	1M1	
2. Perform smoothly 2 skips, 4 gallops, 3 jumps		1E2 2E1 2E2	1M1 1M4	
3. Execute a standing long jump as far as possible.		1E2 4E1 4E2 4E3 4E4 4E5	1M1 4M1 4M2 4M3 4M4	
4. Overhead pass a volleyball tossed by the evaluator.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
5. Use a forearm pass to contact a volleyball tossed from 10 feet away.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
6. Serve a volleyball a distance of 20 feet, 6 feet high.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
7. Catch a cloth softball tossed from 40 feet approximately 20 feet high.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
8. Field a cloth softball thrown from a distance of 40 feet.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
9. Using a standard sized bat, strike a cloth softball tossed underhand from 30 feet.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
10. Catch a football thrown from 30 feet.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
11. Run down field at a moderate speed and catch a football thrown from 30 feet.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
12. Soccer style dribble a soccer ball around 3 objects spaced 5 feet apart for a distance of 15 feet.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
13. Kick a stationary soccer ball with the upper surface of the foot.		1E1 1E3 1E5 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
14. Using a soccer ball, execute a volley kick with the dominant foot.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
15. While running at a moderate speed, dribble a basketball 40 feet with dominant hand.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
16. Chest pass a basketball within reach of a receiver from 15 feet away.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
17. Execute a V-sit with support.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
18. Execute a scale.		1E1 1E3 1E5 3E3 4E3 5E1 5E2	1M3 1M4 1M5 2M3 2M4 3M1	

		5E3 6E3 7E4 7E5	3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
19. Execute a 180° jump turn.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
20. Perform the shuttle run as quickly as possible.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
21. Perform V-sit.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
22. Execute 5 consecutive windmills.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
23. Execute push-ups.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
24. Execute bent-knee crunches.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
25. Jog and/or walk for ½ mile.		1E1 1E3 1E5 3E3 4E3 5E1 5E2 5E3 6E3 7E4 7E5	1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	

CTAPE Level V**Test Items/State Benchmarks**

<u>Skill</u>	<u>Primary Grades K-2</u>	<u>Elementary Grades 3-5</u>	<u>Middle Grades 6-8</u>	<u>High School Grades 9-12</u>
1. Perform smoothly (without stopping) 2 skips, 4 gallops, 3 jumps			1M1 1M4 2H3	
2. Slide in the following patterns.			1M1 1M4	2H3
3. Serve a volleyball a distance of 20 feet, 6 feet high.			1M3 1M4 1M5 2M3 2M4 3M1 3M3 4M1 4M4 5M1 5M3 6M1 6M3 7M1 7M2	
4. Catch a cloth softball tossed from 40 feet approximately 20 feet high.			1M1 1M3 2M3	1H1 2H1 2H2
5. Field a cloth softball thrown or hit from 50 feet.			1M1 1M2 1M3 1M5 2M1 2M2 2M3 2M4 3M3	1H1 1H2 2H1 2H2 2H3 5H1 7H1
6. Overhand throw a cloth softball within reach of a receiver a distance of 50 feet.			1M1 1M3 2M1 2M2 2M4	1H1 2H1 2H2 2H3 5H1 7H1
7. Using a standard sized bat, strike a cloth softball tossed underhand from 40 feet.			1M1 1M2 1M3 1M5 2M1 2M2 2M3 2M4 3M3	1H1 1H2 2H1 2H2 2H3 5H1 7H1
8. Pass a football within reach of a receiver 30 feet away.			1M1 1M3 2M1 2M2 2M4	1H1 2H1 2H2 2H3 5H1 7H1
9. Run down field at a moderate speed and catch a football thrown from 30 feet.			1M1 1M3 2M3	1H1 2H1 2H3
10. Soccer style dribble a soccer ball around 3 objects spaced 5 feet apart for a distance of 15 feet.			1M1 1M2 1M3 1M5 2M1 2M2 2M3 2M4 3M3	1H1 1H2 2H1 2H2 2H3 5H1 7H1
11. Punt a soccer ball.			1M1 1M2 1M3 1M5 2M1 2M2 2M3 2M4 3M3	1H1 1H2 2H1 2H2 2H3 5H1 7H1 7H2
12. Dribble a basketball around 4 stationary objects spaced 6 feet apart.			1M1 1M5 2M3 3M1 3M3 4M1	1H1 1H2 3H1 4H1 4H3 6H1 7H1 7H2
13. Execute a 2 hand bounce pass with a basketball to a receiver 10 feet away.			1M1 1M3 2M1 2M2 2M4	1H1 2H1 2H2 2H3 5H1 6H2 7H1
14. Execute a jump with a full turn.			1M1 1M3 1M4 1M5	1H1 3H2 7H1
15. Execute 5 consecutive roll-outs.			1M1 1M3 1M4 1M5 4M1 4M2 4M3 4M4	1H1 3H2 4H1 4H2 4H3
16. Execute 5 consecutive windmills.			4M1 4M2 4M3 4M4	4H1 4H2 4H3
17. Execute a standing long jump as far as possible.			1M1 4M1 4M2 4M3 4M4	2H3 4H1 4H2 4H3
18. Execute push-ups for 1 minute until student stops or body rests on floor.			4M1 4M3	4H1 4H2 4H3
19. Execute bent-knee crunches.			4M1 4M3 4M4	4H1 4H2 4H3
20. Jump vertically 10 times consecutively.			4M1 4M3 4M4	4H1 4H2 4H3 7H1 7H2 7H3
21. Execute 5 consecutive trunk rotations.			4M1 4M2 4M3 4M4	4H1 4H2 4H3
22. Execute 10 consecutive jumping jacks.			4M1 4M2 4M3 4M4	4H1 4H2 4H3
23. While seated, execute v-sit.			4M1 4M2 4M3 4M4	4H1 4H2 4H3
24. Perform the shuttle run as quickly as possible.			4M1 4M2 4M3 4M4	4H1 4H2 4H3
25. Jog and/or walk for ½ mile.			4M1 4M2 4M3 4M4	4H1 4H2 4H3

CTAPE Level VI Test Items/State Benchmarks

<u>Skill</u>	<u>Primary</u> Grades K-2	<u>Elementary</u> Grades 3-5	<u>Middle</u> Grades 6-8	<u>High School</u> Grades 9-12
1. Overhead pass a volleyball against the wall for 1 minute.				2H1 2H2 2H3 3H3 5H1 7H1
2. Use a forearm pass to contact a volleyball tossed from 10 feet away				2H1 2H2 2H3 5H1 7H1
3. Serve a volleyball for a distance of 30 feet, 7 feet high.				1H1 1H2 2H1 2H2 3H1 5H1 7H1
4. Soccer style dribble a soccer ball around 3 objects spaced 5 feet apart for a distance of 15 feet.				1H1 1H2 2H1 2H2 2H3 5H1 7H1
5. Kick a stationary soccer ball with the outside of the foot.				1H1 1H2 2H1 3H1 4H1 4H3 6H1 7H1 7H2
6. Overhand throw a cloth softball within reach of a receiver a distance of 60 feet.				1H1 2H1 2H2 2H3 5H1 7H1
7. Field a cloth softball thrown or hit from 50 feet. The ball should bounce at least once.				1H1 2H1 2H3
8. Catch a cloth softball tossed from 40 feet approximately 20 feet high				1H1 2H1 2H3 7H3
9. Using a standard sized bat, strike a cloth softball tossed underhand from 40 feet, hitting the ball within fair territory.				1H1 1H2 2H1 2H2 2H3 5H1 7H1
10. Dribble a basketball around 4 stationary objects spaced 6 feet apart.				1H1 1H2 2H1 2H2 2H3 5H1 7H1
11. Execute a 2 hand bounce pass to a receiver 10 feet away				1H1 2H1 2H2 2H3 5H1 7H1
12. Execute a jump with a full turn.				1H1 3H2
13. Execute 5 consecutive roll-outs				4H1 4H2 4H3
14. Execute a V-sit without support.				4H1 4H2 4H3
15. Jump vertically 10 times consecutively.				4H1 4H2 4H3 7H1 7H2 7H3
16. Execute a standing long jump as far as possible.				2H3 4H1 4H2 4H3
17. Perform the shuttle run as quickly as possible.				4H1 4H2 4H3
18. Run 50 yards as fast as possible.				4H1 4H2 4H3
19. Hop 20 feet on each foot.				4H1 4H2 4H3
20. Execute 5 repetitions of arm and leg lifter.				4H1 4H2 4H3
21. Execute push-ups.				4H1 4H2 4H3
22. Execute bent-knee crunches.				4H1 4H2 4H3
23. Sit and reach.				4H1 4H2 4H3
24. Execute 10 consecutive jumping jacks.				4H1 4H2 4H3
25. Jog and/or walk for ½ mile.				4H1 4H2 4H3 5H1

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