

# REGION 10 EDUCATION SERVICE CENTER

Richardson, Texas

## ADAPTED PHYSICAL EDUCATION EVALUATION FOR VISUALLY IMPAIRED

Student's Name \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age \_\_\_\_\_

District \_\_\_\_\_ Campus \_\_\_\_\_ Disability \_\_\_\_\_

Evaluator \_\_\_\_\_ 1<sup>st</sup> Eval. Date \_\_\_\_\_ 2<sup>nd</sup> Eval. Date \_\_\_\_\_

### Travels:

\_\_\_\_ Travels independently without cane  
\_\_\_\_ Travels independently with cane  
\_\_\_\_ Travels with sighted guide

### Vision:

\_\_\_\_ Has no vision  
\_\_\_\_ Partially sighted  
\_\_\_\_ Legally blind, but good vision

### Evaluation Items

#### 1. Body Awareness (check those appropriately identified)

\_\_\_\_ Nose \_\_\_\_ Mouth \_\_\_\_ Foot \_\_\_\_ Ankle \_\_\_\_ Ears \_\_\_\_ Thigh \_\_\_\_ Toes \_\_\_\_ Eyes \_\_\_\_ Waist  
\_\_\_\_ Head \_\_\_\_ Chin \_\_\_\_ Stomach \_\_\_\_ Legs \_\_\_\_ Feet \_\_\_\_ Lips \_\_\_\_ Wrist \_\_\_\_ Right Shoulder  
\_\_\_\_ Right hand to left knee \_\_\_\_ Left hand to right elbow \_\_\_\_ Move fingers fast \_\_\_\_ Move arms slow

#### 2. Spatial Awareness/Body Movement

1<sup>st</sup> 2<sup>nd</sup>

\_\_\_\_ \_\_\_\_ straighten arm  
\_\_\_\_ \_\_\_\_ bend arm at elbow  
\_\_\_\_ \_\_\_\_ lift arm high in the air  
\_\_\_\_ \_\_\_\_ put arm straight out in front  
\_\_\_\_ \_\_\_\_ bend body forward  
\_\_\_\_ \_\_\_\_ bend body to side  
\_\_\_\_ \_\_\_\_ squat down, bending at knees  
\_\_\_\_ \_\_\_\_ **Total**

1<sup>st</sup> 2<sup>nd</sup>

\_\_\_\_ \_\_\_\_ put arm straight out to side  
\_\_\_\_ \_\_\_\_ put arm behind (or in back)  
\_\_\_\_ \_\_\_\_ straighten leg, in front  
\_\_\_\_ \_\_\_\_ bend leg at knee  
\_\_\_\_ \_\_\_\_ move to side by stepping sideways  
\_\_\_\_ \_\_\_\_ shift weight to forward foot and rock  
\_\_\_\_ \_\_\_\_ backward  
\_\_\_\_ \_\_\_\_ **Total**

**\*For remainder of evaluation, assign a (2) if performance criteria is always present, a (1) if sometimes present, and a (0) if never present or NA if not applicable for a totally blind student.**

#### 3. Locomotor Skills

1<sup>st</sup> 2<sup>nd</sup>

\_\_\_\_ \_\_\_\_ **Creeping (30 feet)** [9-11 months]  
\_\_\_\_ \_\_\_\_ Move limbs alternately in opposition  
\_\_\_\_ \_\_\_\_ Stable pelvic movement  
\_\_\_\_ \_\_\_\_ Shoulders on same level as hips  
\_\_\_\_ \_\_\_\_ Feet remain in contact with floor  
\_\_\_\_ \_\_\_\_ **Total**

1<sup>st</sup> 2<sup>nd</sup>

\_\_\_\_ \_\_\_\_ **Walking (50 feet)** [age 2]  
\_\_\_\_ \_\_\_\_ Bilateral pattern  
\_\_\_\_ \_\_\_\_ Full leg extension  
\_\_\_\_ \_\_\_\_ Heel/toe pattern  
\_\_\_\_ \_\_\_\_ Feet straight  
\_\_\_\_ \_\_\_\_ Fluid weight transfer  
\_\_\_\_ \_\_\_\_ Follows straight line  
\_\_\_\_ \_\_\_\_ **Total**

1<sup>st</sup> 2<sup>nd</sup>

\_\_\_\_ \_\_\_\_ **Running (50 feet)** [age 4-5]  
\_\_\_\_ \_\_\_\_ Heel toe pattern  
\_\_\_\_ \_\_\_\_ Flight stage  
\_\_\_\_ \_\_\_\_ Nonsupport leg bent approx 90 degrees  
\_\_\_\_ \_\_\_\_ Alternate arm motion in opposition to feet  
\_\_\_\_ \_\_\_\_ Forward body lean with head held up  
\_\_\_\_ \_\_\_\_ **Total**

1<sup>st</sup> 2<sup>nd</sup>

\_\_\_\_ \_\_\_\_ **Horizontal Jumping** [age 4] (75% jump 8-10 in)  
\_\_\_\_ \_\_\_\_ Hip, knee, ankle flexion in preparation  
\_\_\_\_ \_\_\_\_ Backward arm movement in preparation  
\_\_\_\_ \_\_\_\_ Feet parallel and leave ground together  
\_\_\_\_ \_\_\_\_ Forward and upward arm swing upon take off  
\_\_\_\_ \_\_\_\_ **Total** \_\_\_\_\_ Distance jumped

## Adapted Physical Education Evaluation for Visually Impaired

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Running (50 ft) With Sighted Runner</u></b>
___	___	Maintains own pace
___	___	Heel toe pattern
___	___	Flight stage
___	___	Nonsupport leg bent approx 90 degrees
___	___	Alternate arm motion in opposition to feet
___	___	Forward body lean with head held up
___	___	<b>Total</b>

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Hopping on 1 foot</u></b> [age 5](10 consecutive)
___	___	Stands on 1 foot with nonsupport leg behind body
___	___	Nonsupport leg swings forward to produce force
___	___	Takes off and lands for 10 feet on preferred foot
___	___	Takes off and lands for 10 feet on non-preferred foot.
___	___	<b>Total</b>

___	___	<b><u>Galloping (30 feet)</u></b> (age 5 with either foot)
___	___	Arms bent at side at take off
___	___	Steps forward with lead foot followed by a step with the trailing foot to a position just behind the lead foot
___	___	Maintains rhythmic pattern for 30 feet
___	___	<b>Total</b>

### 4. Object Control Skills

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Catch a bounced ball</u></b> [age 5-6] (with hands) (9 inch playground ball bounced from 10 feet)
___	___	Proper preparation – palms cupped, hands in front of body, elbows flexed
___	___	Arms extend while reaching, hands give with ball upon contact
___	___	Visually tracks flight of ball
___	___	Ball caught with hands only
___	___	<b>Total</b>

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Catch a tossed ball</u></b> [age 8](tennis ball from 10 ft) (Softball size plastic ball tossed from 10 feet)
___	___	Proper preparation – palms cupped, hands in front of body, elbows flexed
___	___	Arms extend while reaching, hands give with ball upon contact
___	___	Visually tracks flight of ball
___	___	Ball caught with hands only
___	___	<b>Total</b>

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Overhand Throw</u></b> [age 6](tennis ball 25 feet) (Throw tennis ball as far as possible)
___	___	Proper arm backswing with downward movement of arm/hand
___	___	Hip and shoulder rotation as body turns sideways to target
___	___	Weight transfer to foot opposite of throwing hand
___	___	Follows through after release as arm crosses body
___	___	<b>Total</b> ___ Distance Thrown

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Underhand Throw</u></b> (Toss tennis ball 10 feet to 3 ft. square target, started 2 feet from floor)
___	___	Throwing hand moves downward and back behind body
___	___	With chest facing target, weight is transferred to foot opposite throwing hand
___	___	With flexed knees, throwing hand is brought straight forward
___	___	Ball is released as ball passes leg and arrives within target area
___	___	<b>Total</b>

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Kick Stationary Ball</u></b> [age 5.5] (8-10 inch ball)
___	___	Weight transferred to non-kicking leg, placed next to or slightly behind ball
___	___	Flexion of kicking leg in preparation
___	___	Kicks balls with front of foot (toe or shoelaces)
___	___	Leg extends forward and upward after impact
___	___	<b>Total</b>

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Kick Moving Ball</u></b> [age 5.5] (8-10 inch ball rolled from 15 feet)
___	___	Continuous movement on approach
___	___	Weight transferred to non-kicking leg, placed next to or slightly behind ball
___	___	Kicks ball with front of foot (toe or shoelaces)
___	___	Leg extends forward and upward after impact
___	___	<b>Total</b>

## 5. Sports and Recreational Skills Supplemental Evaluation

### Goal Ball Skills

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Rolling Ball</u></b>
___	___	Turns sideways to target
___	___	Holds dominant hand behind ball and non-dominant hand in front of ball
___	___	Swings ball down and back in preparation
___	___	Bends knees and swings or pushes ball forward
___	___	Transfers weight to front foot and rolls ball forward
___	___	<b>Total</b>

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Stopping Ball</u></b>
___	___	Assumes crouch position with weight on balls of feet
___	___	Auditorially tracks ball as it approaches
___	___	Moves in proper direction to stop ball
___	___	Uses body to stop ball
___	___	<b>Total</b>

### Beep Ball Skills

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Strike Ball Off Stationary Tee</u></b> [age 5](5 of 5) (Softball size whiffleballs and 22-28 plastic bat)
___	___	Proper grip with dominant hand on top
___	___	Feet parallel with chest facing tee and hands held near shoulder height
___	___	Hip and shoulder rotation with horizontal swing
___	___	Contacts ball
___	___	Follow through as bat continues upward to front shoulder
___	___	<b>Total</b>

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Strike Tossed Ball</u></b> [age 7.5] (4 of 6 softly tossed) (Ball tossed from 10 feet)
___	___	Proper grip with dominant hand on top
___	___	Feet parallel with chest facing tee and hands held near shoulder height
___	___	Hip and shoulder rotation with horizontal swing
___	___	Contacts ball
___	___	Follow through as bat continues upward to front shoulder
___	___	<b>Total</b>

1 <sup>st</sup>	2 <sup>nd</sup>	<b><u>Securing Beepball</u></b>
___	___	Assumes crouch position with weight on balls of feet
___	___	Auditorially tracks ball as it approaches
___	___	Moves in proper direction to stop ball
___	___	Locates ball and secures with hands
___	___	<b>Total</b>

### Comments

---



---



---



---



---



---