

# ***CAMP ABILITIES***

## **Activity Assessment**

**CAMPER:** \_\_\_\_\_

**COUNSELOR:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

## Track and Field Assessment Checklist

Skill	Criteria			
	Verbal Cue	Partial PA	Total PA	Other
<b><u>Long Jump</u></b>	<b>Personal Best:</b> _____			
start with takeoff foot				
12-18 strides				
accelerate to maximum speed				
knees up and tall in last strides				
jump up and out				
drive up knee and opposite arm vigorously				
curve body like half moon				
arms above head and behind shoulders				
close jackknife				
collapse buttocks to heels upon landing				
arms thrust forward				
feet together				
<b><u>Shot Put</u></b>	<b>Personal Best:</b> _____			
wrap four fingers firmly around shot				
keep shot firm against neck				
push shot through head				
punch out				
think position facing back toward direction of throw				
hips rotate				
kick backward with nonsupport leg				

left leg straightens hard, right leg pushes up and out, causing a shooting motion				
slap and pull				
<b><u>Discus</u></b>	<b>Personal Best:</b> _____			
hold the discus open-handed with an eagle claw grip				
release discus off index finger				
keep body in wound up position until thrown, then shout				
rotate hips				
end throw with a long pull, head and chest up facing sector				
block-push-shoot				
<b><u>Running</u></b>				
body erect, relax face, neck, shoulders, and arms				
rest thumb on index finger				
swing arms forward and back				
open stride				
strike heel and roll to toe				
toes straight ahead or slightly out				
head straight ahead				

## Beep Baseball Assessment Checklist

Skill	Criteria			
Running Bases	Verbal Cue	Partial PA	Total PA	Other
Standing at home, turn towards and point to beeping base				
Walk to beeping base with guide				
Walk to beeping base without guide				
Jog to beeping base with guide				
Jog to beeping base without guide				
Fielding the Ball				
Assume a ready stance (feet apart, knees bent, hands ready)				
Go to ground slowly – lying on one side, body bent slightly at the waist, arms and legs out stretched				
Go to ground into fielding position rapidly				
Field a ball rolled gently				
Field a ball rolled with force				
Field a batted ball				
Hitting				
Hold a bat properly				
Swing a bat with smooth level swing				
Swing bat and hit ball off a tee				
Swing bat and hit pitched ball				

## Goalball Assessment Checklist

Skill	Criteria			
Ready Position	Verbal Cue	Partial PA	Total PA	Other
Face the other team				
Knees bent				
Hands on knees				
Underhand Roll				
Weight shift back and bring ball back with dominant hand				
Step forward with opposite foot				
Weight shift forward				
Release ball in front (ball should drop within 8')				
Follow through in front				
Falling to a Lying Position				
Ready position				
Determine if ball is to left or right				
Lay on ground with legs together and arms above and in front of head				
Passing				
Realize when you must pass ball to teammate (player already passed 2X in a row)				
Say teammates name				
Bend down				
Roll ball toward team member				

## Tandem Biking

<b>Skill</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>
<b>PREPARATION SKILLS</b>				
Wears appropriate footwear Closed toe shoes Sneakers				
Puts on Helmet				
Makes sure Helmet is secure on head				
Straddles seat ready position				
Pushes off				
Puts feet on pedals				
<b>DISMOUNT SKILLS</b>				
Puts foot on ground				
Maintains balance				
Leg around, dismounts bike				
Takes helmet off				
<b>Distance</b>				
<b>1/8 mile</b>				
<b>1/4 mile</b>				
<b>1/2 mile</b>				
<b>1 mile</b>				
<b>2 miles</b>				
<b>3 miles</b>				
<b>4 miles</b>				
<b>5 miles</b>				
<b>5 + miles</b>				

## Judo Assessment

<b>Rear break fall:</b>	<b>Phys. Asst.</b>	<b>Verbal Cue</b>	<b>Independent</b>
Tuck your chin			
Arms out straight 45 degrees angle			
Cupped hands			
Slap when belt touches mat			
Legs bent slightly			
Feet together			
Exhale			

<b>Standing rear break fall</b>	<b>Phys. Asst.</b>	<b>Verbal Cue</b>	<b>Independent</b>
Cross arms in front of the chest			
Squat down into a tucked position			
Rocking back			
Rear break fall:			
Tuck your chin			
Arms out straight 45 degrees			
Cupped hands			
Slap when belt touches the mat			
Legs bent slightly			
Feet together			
Exhale			

<b>Right Standing Rear Break Fall:</b>	<b>Phys. Asst.</b>	<b>Verbal Cue</b>	<b>Independent</b>
Tuck your chin			
Squat with left leg			
Sweep Right leg in front of left leg			
Right hand over left, hugging stomach			
Roll down onto right thigh & bottom			
Right ankle and foot up			
Landing on outside of right thigh			
Landing on ball of the foot			

<b>Left Standing Rear break fall:</b>	<b>Phys. Asst.</b>	<b>Verbal Cue</b>	<b>Independent</b>
Tuck your chin			
Squat with right leg			
Sweep left leg in front of other leg			
Right hand hugging stomach, left hand over			
Roll down onto left thigh and bottom			
Left ankle and foot up			
Landing on outside of left thigh			
Landing on ball of right foot			

<b>Tai-Sabaki (body control)</b>	<b>Phys. Asst.</b>	<b>Verbal cue</b>	<b>Independent</b>
Straight body			
Right handed grip			
Feet shoulder width apart			
Sound of feet sliding across the mat			
Arms and body loose and relaxed			

<b>Kumikata (grip) for right hand:</b>	<b>Phys. Asst.</b>	<b>Verbal cue</b>	<b>Independent</b>
Right hand on left lapel			
Left hand on right sleeve (elbow)			
Back straight			

Look up			
Feet shoulder width apart			

<b>Tai-Otoshi (Body drop)</b>	<b>Phys. Asst.</b>	<b>Verbal Cue</b>	<b>Independent</b>
Right hand grip			
Right foot in front of partner's right foot			
Left foot in front of partner's left foot			
Back to your partner			
Right foot past your partner's right foot			
Pull forward and downward with left hand			
Push with right hand in the direction your partner is moving			
Keep pulling until partner is on his/her back			
Hold partner's left sleeve after throw			
Partner lands on his/her back			

<b>Ostoto-Gari (Larger outer reap):</b>	<b>Phys. Asst.</b>	<b>Verbal Cue</b>	<b>Independent</b>
Right hand grip			
Step left foot outside partner's right foot			
Pull partner toward you			
Swing right leg past opponent's right leg			
Reap right leg backward			
Hit back of partner's leg			
Pull down with left arm			
Push back with right arm			
Bow at the waist			
Hold partner's sleeve after the throw			
Partner lands on his/her back			

<b>O-Goshi (Large Hip Throw):</b>	<b>Phys. Asst.</b>	<b>Verbal Cue</b>	<b>Independent</b>
Right hand grip			
Right foot in front of partner's right foot			
Left foot in front of partner's left foot			
Bent the knees			
Reach around waist with right arm			
Pull partner onto hips (contact)			
Lift partner up by straightening the knees			
Pull partner w/ left hand & turn upper body to the left			
Hold the partner's left sleeve after throw			
Partner lands on his/her back			

<b>Ouchi-Gari (Large Inner Sweep)</b>	<b>Phys. Asst.</b>	<b>Verbal Cue</b>	<b>Independent</b>
Right hand grip			
Pull opponent toward you			
Leave right foot on ground			
Put left foot directly behind right leg			
Slip right leg in behind his/her left leg			
Bring the back of your right knee against partner's left knee			
Push opponent directly down w/ both hands			
Hold partner's left sleeve after the throw			
Partner lands on his or her back			

# Gymnastics Assessment Checklist

Skill	Criteria			
<b><u>Trampoline</u></b>	Verbal Cue	Partial PA	Total PA	Other
Orientation to size and shape of trampoline				
Bouncing in supine position				
Bouncing in prone position				
Bounce on hands and knees				
Bound in a seated position				
Straight standing bounce				
Stop after standing bounce				
Tuck jump				
Straddle jump				
Pike jump				
Jump ½ turn				
Jump 1/1 turn				
Seat drop				
<b><u>Single Bar</u></b>	Verbal Cue	Partial PA	Total PA	Other
Grip bar				
Jump to front support				
Forward roll over bar				
Pull over				
Front support, cast				
Cast, back hip circle				
Single leg around				
Single knee swing up to support				
Straight body hang from high bar				
Straight body swing from high bar				
<b><u>Balance Beam</u></b>	Verbal Cue	Partial PA	Total PA	Other
Step onto beam				
Step on to squat position				
Front support mount				
Front support to straddle sit				
Jump to one-foot squat support				
Stand from a squat position				
Stationary stand				
Stationary stand on one foot				
Squat stance				
Balance on hands and knees				
Sitting on beam				
Beam walk on hands and knees				

Slide steps sideward				
Walk sideways				
Walk forwards				
Dip steps forwards				
Dip steps backwards				
¼ turn (straight stand or squat position)				
½ turn (straight stand or squat position)				
1/1 turn (straight stand or squat position)				
Walk forward, ½ turn				
Walk backwards, ½ turn				
Step off end of beam to straight stand				
Straight jump dismount				
Tuck jump dismount				
Straddle jump dismount				
<b><u>Rings</u></b>	<b>Verbal Cue</b>	<b>Partial PA</b>	<b>Total PA</b>	<b>Other</b>
Straight body support				
Tuck support				
Inverted straight body support				
Inverted tuck support				
Straight arm support				
Pike support ("L" position)				
Dismount (swinging with straight body, land on two feet)				
<b><u>Side Horse</u></b>	<b>Verbal Cue</b>	<b>Partial PA</b>	<b>Total PA</b>	<b>Other</b>
Jump to front support				
Jump to single leg straddle support				
Front support, single leg straddle				
Straight body travel, to opposite end of horse				
Single leg circle				
Double leg circle				
<b><u>Floor Exercise</u></b>	<b>Verbal Cue</b>	<b>Partial PA</b>	<b>Total PA</b>	<b>Other</b>
V-sit				
Knee scale				
One leg scale				
Jump ½ turn				
Jump 1/1 turn				
Tuck jump				
Pike jump				
Straddle jump				
Log roll				
Tuck forward roll				

Straddle forward roll				
Tuck backward roll				
Straddle backward roll				
Mule kicks				
Handstand				
Cartwheel				
<b><u>Combination of Floor Skills</u></b>	<b>Verbal Cue</b>	<b>Partial PA</b>	<b>Total PA</b>	<b>Other</b>
Jump ½ turn, jump 1/1 turn				
Tuck jump, straddle jump				
Tuck jump, pike jump				
Forward roll, jump ½ turn, backward roll				
Forward roll, straddle forward roll				
Backward roll, jump ½ turn, forward roll				
Backward roll, backward straddle roll				
Handstand forward roll				
Handstand forward roll to a cartwheel				
Handstand forward roll, jump ½ turn or 1/1 turn				

# Orientation & Mobility Assessment

Attending Behavior	Always	Sometimes	Never
Turn toward voice or noise			
Reach or move toward a noise stimulus			
Respond to olfactory information and cues			

## Auditory Abilities

Attend to environmental sounds			
Attend to speech			
Localize a stationary sound			
Track a moving sound			
Identify and label environmental sounds			
Use sounds to orient to the environment			
Apply spatial concepts to sound localization ( e.g., water fountain is to my right, traffic is behind me)			
Use echolocation to determine the presence of obstacles (e.g., walls, people)			
Recognize sound shadows and remain orientated			
Move toward a stationary sound			

## Laterality, Turns, Directionality

Demonstrate left and right awareness			
Demonstrate laterality in relation to objects			
Make a quarter or 90 degree turn upon request			
Make a half or 180 degree turn upon request			
Make a whole or 360 degree turn upon request			
Initiate turns as needed in independent travel			
Demonstrate application of directionality in a complex environment			
Recognize directionality in relation to objects			

<b>Basic Skills</b>	<b>Always</b>	<b>Sometimes</b>	<b>Never</b>
<b>Demonstrate the following sighted guide techniques:</b>			
• <b>Proper arm, hand, body position</b>			
• <b>Correct position without letting go</b>			
• <b>Stopping and going</b>			
• <b>Changing surfaces</b>			
• <b>Going up and down curbs</b>			
• <b>Narrow passage techniques</b>			
• <b>Congested area techniques</b>			
• <b>Changing directions ( e.g., in dorm lounge area, in crowds, in cafeteria)</b>			
• <b>Going through a closed door (e.g., hold the door, assist)</b>			
• <b>Ascending and descending stairs</b>			

### **Landmarks and Cues**

<b>Use landmarks for orientation</b>			
<b>Use clues for orientation</b>			

### **Basic spatial awareness**

<b>Name the four compass directions</b>			
<b>Identify the front, back, left and right side of a room in relation to the door</b>			
<b>Identify the directional corners of a room ( e.g., front right, front left, back right, back left)</b>			

### **On-Campus Orientation & mobility**

<b>Accommodate to different lighting changes</b>			
<b>Identify contrast changes (e.g., carpet, tile) and drop-offs visually</b>			
<b>Avoid contacting objects in path</b>			
<b>Detect stairs</b>			
<b>Go up and down alone</b>			

<b>Locate open/closed doors</b>			
<b>Locate needed areas (e.g., washroom, dorm room)</b>			
<b>Locate outdoor areas of the campus (e.g., track, beep baseball field, tandem biking)</b>			
<b>Locate other buildings on campus (e.g., Tuttle North, Residence, Judo)</b>			

### **Night Travel**

<b>Accommodate to a variety of lighting conditions (e.g., light to dark, dark to lighted room)</b>			
<b>Detect obstacles in path of travel</b>			
<b>Detect drop-offs</b>			
<b>Use a shadow to gain information</b>			