

# Skill Summary

Motor skill	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
<b>Throw</b>	Wind-up begins near child's ear, Throw looks like "chopping action," Feet remain stationary, No trunk rotation	Arm begins to extend outward to side, Throw looks like "slamming the door," Entire body rotates	Wind-up begins near child's ear, As arm moves forward child steps forward with foot on same side as throwing arm, Some trunk rotation	Same as stage 3, except that child steps with the foot opposite the throwing arm	Wind-up begins near child's leg, Arm is brought back and then up near ear, As arm moves forward child steps with opposite foot, Rotation begins in lower body and progresses to upper throughout the action
<b>Catch</b>	Arms held straight in front until ball contact, Delayed response to ball, Feet stationary	Arms held out to sides, As ball approaches arms encircle ball in a "hugging" action, Feet usually stationary	Arms held in front, As ball approaches arms "scoop" under ball to trap it to chest, Sometimes single scoop occurs	Hands held in front, child contacts ball with hands only, Sometimes a single step occurs	Same as stage 4 although the child is able to move a few steps to catch the ball not tossed directly to them
<b>Kick</b>	Little or no leg wind-up, Stationary position, Foot "pushes" ball, Step backward after kick (usually)	Leg wind-up to the rear, Stationary position, Opposition of arms and legs	Moving approach, foot travels in a low arc, Arm/leg opposition, Forward or sideward step on follow through	Rapid approach, Backward trunk lean during wind-up, Leap before kick, Hop or step after kick	
<b>Punt</b>	No leg wind-up, Erratic ball toss, Body stationary, Push ball/step back	Leg wind-up to the rear, Ball toss still erratic, Body stationary, Forceful kick attempt	Child takes preparatory steps, Ball is tossed or dropped for the punt, Arms may raise upward as leg kicks upward	Rapid approach, Controlled drop, Leap before ball contact, Hop or step after ball contact	
<b>Strike</b>	"Chop" strike, Bat moves in a vertical direction from high to low. Feet stationary	Horizontal swing, Strike looks like "slamming the door," Entire body rotates, Feet stationary or some stepping	Upon swinging child steps toward target with the foot of the dominant hand, e.g. right handed, right foot steps from back to front.	Step occurs with the opposite foot to hand dominance. Body rotation begins in lower body and progresses to upper throughout the action	

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L.Jump	Arms act as “brakes” with elbows moving backwards upon take-off, Large vertical component, Legs not extended	Arms act as “wings”- arms are bent up and out to the sides upon take-off , Vertical component still great, Legs near full extension	Arms move forward on take-off, Hands to head height, Take-off angle still above 45 degree, Legs often fully extended	Complete arm , leg and body extension at take-off, Take-off near 45 degree angle, Thighs parallel to floor/ground when feet contact for landing
Run	Arms held high in high guard position, Flat-footed contact, Short stride, Wide stride-shoulder width	Arms held in “middle guard” flapping across the midline of the body. Flat footed contact. Little stride length.	Arms held near hips, Elbows nearly extended while arms swing in opposition to legs, Heel-toe contact	Elbows are bent and arms swing in opposition to legs, Heel-toe contact with high heel recovery
Hop	Non-support foot in front with thigh parallel to floor, Body erect, Hands shoulder height	Non-support knee flexed with knee in front and foot parallel to or behind support leg, Slight forward body lean	Non-support thigh vertical with foot behind support leg with knee flexed, More forward body lean	Non-support leg swings in a pendular action, Forward body lean, Arms in opposition to leg swing
Gallop	Resembles rhythmically uneven run, Trail leg crosses in front of lead leg during airborne phase and remains in front at foot contact	Slow-moderate tempo with choppy rhythm, Trail leg stiff, Hip often oriented sideways, Vertical lift exaggerated	Smooth rhythmical pattern, Moderate tempo, Feet remain close to ground, Hips oriented forward	
Skip	Broken skip pattern or irregular rhythm, Slow deliberate movement, Ineffective arm action	Rhythmical skip pattern, Arms provide body lift, Excessive vertical lift	Arm action reduced with hands below shoulders, Easy rhythmical movements, Support foot near surface on hop	