

Camp Abilities

Brockport

Sports Assessment Packet

Camper Name: _____

Counselor Name: _____

Date: _____

Track Field Assessment

Skill	N/A	PA, TA, Independent	V. Cue	Date Met/ Comments
Long Jump		Personal Best:		
Accelerate to Maximum Speed				
Take off of one foot				
Jump UP and OUT, Knees to chest				
Hands High, Arched Back				
Land with feet together, arms thrust forward				
Shot Put		Personal Best:		
Enter and Exit the Ring from the back				
Fingers wrapped around shot put, firm against neck				
Pivot back foot, rotate hips				
"Put/Release" shotput away from face, fingers flick out				
Discus		Personal Best:		
Enter and Exit the Ring from the back				
Hold Discus with open even handed grip				
Rotate hips and arms back				
Pivot back foot, rotate hips forward				
Release discus with a long pull, off the pointer finger				
Running				
Arms move in opposition to legs				
Elbows bent				
Non-Support Leg Bent 90				
Brief period where both feet are off the ground				
Additional Comments:				

Tandem Biking Assessment

Skill	N/A	PA, TA, Independent	V. Cue	Date Met/ Comments
Preparation Skills				
Wears appropriate footwear				
Puts on helmet and buckles it				
Perform helmet check				
Straddles seat ready position, hands on handle bars				
Pushes off				
Puts feet on pedals				
Keeps body sitting tall with head up				
Dismount Skills				
Puts foot on the ground				
Maintains balance				
Lifts leg around and dismounts bike				
Takes helmet off, unbuckles				

Distance (laps)

Day 1 _____ Date: _____

Day 2 _____ Date: _____

Day 3 _____ Date: _____

Additional Comments:

Goalball Assessment

Skill	N/A	PA, TA, Independent	V. Cue	Date Met/ Comments
Ready Position				
Face the other team				
Knees Bent				
Hands out in front				
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				
Defensive Position				
Determine if ball is going left or right				
Dive on ground with legs slightly apart and arms above and in front of head				
Passing				
Recognize when you must pass ball to teammate (after 2 poss.)				
Communicate with teammate				
Roll ball to team member				

Timed Throw

Trial#1 _____
 Trial#2 _____
 Trial#3 _____
 Best _____

Additional Comments:

Camp Abilities Gymnastics Assessment

Choose a **minimum of 10 skills** that you will assess and document! These should be skills they need Partial or Total Assistance on; so the campers can go back to their schools and tell their teachers what they can do.

Vault

Stand on Springboard jump to knees
Stand on springboard jump to feet
Straight, Tuck, Straddle Jump off
Proper Board jump to vault

Uneven Bars

Hang and hold in tuck, pike, straddle
Front support
Forward Roll Down
Chin-Up Pullover
Cast
Back Hip Circle
Front Hip Circle

Pommel Horse

Front Support
Jump to Single Leg Straddle Support
1-Leg Cut Through and Back
Straight body travel to opposite side



Balance Beam

Mount
Knee Scale
V-Sit
Forward, backward, sideways
Kicks
Dips, Ice Cream Scoops
Straight Jump off beam
Tuck Jump off beam
Straddle Jump off beam
Squat Turn
Pivot Turn
Straight Jump
Tuck Jump
Handstand
Cartwheel

Floor

Knee Scale
V-Sit
Table Top
Scale
Straight jump
Tuck jump
Straddle jump
Leaps
Add any additional half or full turn
Forward Roll
Backward Roll
Straddle Roll
Donkey Kick
Spiderman
Handstand
Cartwheel
Round-Off

Rings

Hang and Hold in tuck, pike, straddle
Straight body support
Tuck support
Inverted Straight body support
Straight arm support in Pike position
Skin the Cat

Intermediate/Advanced:

(Please check with Specialist before attempting)

Bars: Sequence

Underbar dismount
Front Hip Circle

Beam: V-Sit swing into push-up

Make your own routine of 5-10 skills
Round-off the end of the beam
Cartwheel off-side

Floor: Bridge

Bridge Kickover
Backbend Kickover
Round Off-Jump



