

Peabody Developmental Motor Scales-2: Gross Motor Scale

Child: _____ DOB: _____ CA: _____
 Examiner: _____ Date: _____

Subscale A: Reflexes (1-11 months)

<u>Item #</u>	<u>Month</u>	<u>Position</u>	<u>Score</u>
1 Walking Reflex	2	supported standing	2 1 foot then other w/in 3sec 1 1 foot within 3 sec 0 Feet and legs remain still
2 Positioning Reflex (ATNR-Integrated)	4	supine with head held	2 No arm or leg mvmt 1 Positioned, but can move out of it 0 Reflex still present
3 Landau Reaction	6	horizontal suspended	2 Raises head above horizontal, extends trunk, raises hips and legs 1 Extends head, but not hips & legs 0 Head & hips below horiz.
4 Protecting Reaction (Forward)	6	suspended horizontal	2 Extends arms, elbows & bears weight on hands 1 Extends arms partially 0 Does not extend arms
5 Protective Reaction (Side)	6	sitting	2 Extends arm & bears weight 1 Extends arm, no weight bear 0 Falls on side
6 Protective Reaction (Forward)	6	sitting	2 Breaks fall w/ 1 or 2 arms supports self for 2 sec 1 Extends arm(s), falls 0 No arm extension
7 Righting Reaction (Forward)	9	sitting	2 Ext. arm & head, returns to upright sitting 1 Uses arms on floor, but Recovers 0 Fails to extend, falls
8 Protecting Reaction (Backward)	10	sitting	2 Stops by ext arms & supporting weight 1 Rotates trunk, extends arm, but falls 0 Fails to extend arm, falls

Total Score: _____/16

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Subscale B: Supine

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
1S – Rot Head	0	2 1 0	Lift/turn head R & L; 1 dir; no mvmt_____
1L – Thrust Legs	0	2 1 0	Moves legs together; separate; none_____
2L – Side to back	0	2 1 0	Rolls to back both sides; 1 side; none_____
3L – Thrust Arms	0	2 1 0	Bend & straight arms 2x; 1x or 1 arm; none_
6L – Symmetry	3	2 1 0	Hands & head to midline; 1 hand; none_____
8L – Rolling	4	2 1 0	Rolls to both sides; 1 side; no roll_____
10L – Flex Legs	5	2 1 0	Feet to mouth/hands; hips 90° or 1 foot; none
11L – Ext Arms&Legs	5	2 1 0	Arms & legs in 5sec; 6-7sec; no mvmt_____
13L – Flex Body	6	2 1 0	2 feet, 3 sec; 2 feet 1-2 sec or 1 foot 3sec; 0
15L – Ext Arm	6	2 1 0	Wt shift & reach 3sec; 1-2 sec; no reach____
16L – Rolling	7	2 1 0	Back →stomach both sides; 1 side; none_____
17L – Rolling	7	2 1 0	Rolls back→ stomach with rot. 2 sides; 1; 0
17S – Raise to Sit (toy on chair)	10	2 1 0	Pulls to sit using chair; attempts, using chair; remains on floor_____

Subscale C: Prone

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
5L – Ext. trunk	2	2 1 0	Lift head & trunk 45° 3 sec; 1-2sec; < 45°__
7L – Prop on forearms	4	2 1 0	Head & trunk 45° 5 sec; 3-4 sec; <3 sec_____
9L – Ext arms & legs	4	2 1 0	Ext A&L 3 sec; both 1-2, AorL 3sec; none____
12L – Ext Arm	6	2 1 0	shift & reaches toy; reach, but not full, none
14L – Pushing Up	6	2 1 0	WB on palms 5 sec; 3-4 sec; <3 sec_____
18L – Move forward	8	2 1 0	moves 3 ft using arms; 2-3 ft; <2ft_____
19L – Raise Shldr& Butt	9	2 1 0	Raise to hands & knees 5 sec, rocks; 1-5s; 0
18S – Sitting Up	10	2 1 0	Raises to sitting; attempts to sit; no mvmt__

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Subscale D: Suspended Hold (vertical)

Item #	Age(mos)	Score	Comments (2; 1; 0)
6S – Ext head	2	2 1 0	held vert. head to midline 3sec; 1-2 sec; none
7S – Align Head	2	2 1 0	hold child at your shoulder, bounce, head in midline 2-3 bounces; 1 bounce; no midline
8S – Align head	3	2 1 0	hold vert.& tilt 45° 75-100%;50-74%,<50%
4L – Bearing Weight	2	2 1 0	bears wt. knees flex & feet flat 3 sec; knees flexed & toes, or <3sec; no wt or toes only_

Subscale E: Sitting

Item #	Age(mos)	Score	Comments (2; 1; 0)
2S – Align Trunk (facing you)	0	2 1 0	Back held rounded 3 sec; 1-2 sec; arches____
3S – Align Head Front (back to you)	1	2 1 0	45° btwn chin & chest; head slightly ↑; chin touches chest_____
4S – Align Head Back (pull to sit)	1	2 1 0	≥45° btwn head and back; slight hold ↑; head touches back_____
5S – Align head (pull to sit)	2	2 1 0	Midline 75-100% mvmt; 50-74%; <50%____
9S – Stab. Trunk (hold pelvis)	3	2 1 0	Trunk 30° off legs, 5sec; <30°, 5 sec; trunk on legs_____
10S – Align Head (sitting, toy on string)	4	2 1 0	Head aligned 8 sec, rot to follow toy; 4-7sec, rot to follow; head align <4sec_____
11S – Sitting(placed)	5	2 1 0	Balance for 8 sec; 3-7 sec; <3sec_____
12S – Sitting/Reach (toy on string)	6	2 1 0	Balance 8 sec, reach for toy; 5-7 sec with reach; balance <5sec_____
13S – Pull to Sit	6	2 1 0	Pulls to sit; pulls up 45°-90°; pulls <45°_____
14S – Sitting	6	2 1 0	unsupported 60sec; 30-59sec; <30sec_____
15S – Sit with Toy ("get the toy")	7	2 1 0	retrieves toy&returns upright 30 sec; 15-29s; no toy, falls from upright_____
16S – Sitting	9	2 1 0	Sit & plays with toy 60 sec; 30-59sec; <30s_
21L – Scooting	9	2 1 0	uses hands & legs to scoot 3 ft; 1-2 ft; <1ft_

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22L– Pivoting	9	2 1 0	Turns 90° both sides; 90° one side, <90° ____
29L – Pivoting	11	2 1 0	Turns 180° on bottom; 90-179°; <90° _____
33L – Stand Up	12	2 1 0	Cross legged → stand <20° rotation of body; stands, but turns body 21-90°; >90°, no stand

Subscale F: Hands and Knees

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
20L - Creeping	9	2 1 0	Reciprocal creep 5 ft; 4ft or not reciprocal; ø
24L – Creeping	10	2 1 0	creeps over legs; creeps onto legs; not on leg
37L – Creep ↑ Stairs	14	2 1 0	Creeps up 2 steps; 1step; remains at bottom_
39L – Creep ↓ Stairs	15	2 1 0	creeps backward 3 steps, no support; 1-2 steps, no support; remains at start_____

Subscale G: Kneeling

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
19S – Kneeling	13	2 1 0	Tall kneel 5sec while rot head; 2-4sec;<2sec

Subscale H: Standing

Balance Work/Preambulatory

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
23L – Standing	9	2 1 0	Pulls to stand at object; attempts; no try_____
25L – Bouncing	10	2 1 0	Hold hands, bounce 3x; 1-2x; stiff legs_____
26L – Cruising	10	2 1 0	4 steps sideways; 1-3 steps; none_____
27L – Lowering	10	2 1 0	Lowers to sit no fall; lowers, but falls, no try
28L – Stepping	10	2 1 0	Supported at trunk, 4 alt. steps; 2-3 steps; no
30L – Standing	11	2 1 0	Lets go of support, stands 5sec; 2-4sec; no__
31L – Standing	11	2 1 0	Placed unsupported, stays 3 sec; 1-2 sec; 0_

Single Leg Stance

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
20S – Stand on 1 Foot	31	2 1 0	Hands on hips 3sec; 1-2 sec; needs help_____
21S – Stand on 1 Foot	41	2 1 0	Hands on hips 5sec; 2-4sec; <2sec_____

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- 23S – Stand on 1 Foot 45 2 1 0 Hands on hips, <20° sway, 5 sec; <20° sway, 2-4sec; <2sec or >20° sway _____
- 25S – Stand on 1 Foot 53 2 1 0 1 foot, then the other, hands on hips <20° sway, 6 sec ea foot; 1-5 sec ea foot; no _____
- 27S – Stand on 1 Foot 59 2 1 0 Each foot, <20° sway, 10 sec; 5-8 sec; <5 _____

Other Stationary Skills

- | <u>Item #</u> | <u>Age(mos)</u> | <u>Score</u> | <u>Comments (2; 1; 0)</u> |
|--|-----------------|--------------|---|
| 22S – Stand on Tiptoes | 43 | 2 1 0 | Arms overhead, no foot mvmt 3sec; 1-2sec; moves feet or heels on floor _____ |
| 24S – Stand on Tiptoes | 51 | 2 1 0 | Arms overhead, <20° sway 8 sec; <20° sway 5-7 sec; <5sec or >20° sway _____ |
| 26S – Imitating Mvmt (present 6 positions) | 57 | 2 1 0 | Imitates 4 pos correctly; 1-3 correct; none _____ |
| 46L – Stand (tandem) | 19 | 2 1 0 | Stand on line, 2sec, toe of back within 3" of front heel; 1 foot on line, attempt other; no _____ |

Subscale I: Ambulation

Stepping/Beginning Gait

- | <u>Item #</u> | <u>Age(mos)</u> | <u>Score</u> | <u>Comments (2; 1; 0)</u> |
|-----------------------------|-----------------|--------------|---|
| 32L – Stepping
1 HHA | 11 | 2 1 0 | 4 alt. steps, in place or move; 2-3 alt steps; no alt. steps _____ |
| 34L – Walking | 12 | 2 1 0 | 1 HHA alt, steps 8ft; 4-7ft; <4ft _____ |
| 35L – Walking | 12 | 2 1 0 | Unaided 5 steps; 1-4 steps; no steps or sits _____ |
| 36L – Stand&Move
Balance | 13 | 2 1 0 | Picks up toy, return to stand takes 3 steps; 1-2 steps; loses balance or no try _____ |

Stairs

- | <u>Item #</u> | <u>Age(mos)</u> | <u>Score</u> | <u>Comments (2; 1; 0)</u> |
|---------------------|-----------------|--------------|---|
| 40L – Walk ↑ Stairs | 15 | 2 1 0 | ↑ 4 steps w/ support from wall or rail; 1-3 steps with support; not on feet _____ |
| 43L – Walk ↓ Stairs | 17 | 2 1 0 | ↓ 4 steps w/ finger assist; 1-3 steps; no _____ |
| 52L - Walk ↑ Stairs | 23 | 2 1 0 | ↑ 4 steps no support; 4 steps using rail; no _____ |
| 53L - Walk ↓ Stairs | 25 | 2 1 0 | ↓ 4 steps no support; 1-3 ∅ support; uses rail _____ |

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57L - Walk ↑ Stairs	27	2 1 0	↑4steps, reciprocating, using rail or wall; 1-3 steps, reciprocating; not reciprocating _____
65L – Walk ↑ Stairs	35	2 1 0	↑4steps, reciprocating, no support; 1-3 steps with support or 4 steps not reciprocating; no
71L – Walk ↓ Stairs	43	2 1 0	4steps reciprocating, ø support; both feet on step or 2 steps ø support; both feet >3 steps

Gait Speed

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
38L – Walking _____ Time to walk 10 ft.	1 4	2 1 0	10ft, narrow BOS, heel-toe gait, reciprocal; 4-9 feet good form; wide BOS, arms out _____
41L – Walking Fast _____ Time to walk 10 ft.	17	2 1 0	Walks 10 ft in ½ time of 38L; > ½ but < ¾ time in 38L; > ¾ time _____
45L – Running	19	2 1 0	Runs 10ft; 5-9ft; <5ft _____
60L – Running Speed	29	2 1 0	30ft in 6sec; 30ft in 7-9sec; >9sec _____
66L – Running Speed	37	2 1 0	45ft in 6 sec; 45ft in 7-9sec; >9sec _____
69L – Running Form (10 sec)	41	2 1 0	Arms back & forth across body at or below waist, balls of feet used, high knee and heel, trunk forward; arms out to side or flat feet; walks at any time _____
74L – Run Balance ("stop/go")	45	2 1 0	Run & stop w/in 2 steps, no fall; stops in 3 steps; >3 steps to stop _____
85L – Run Speed & Agility <i>Empty soft drink can 10 ft from start: time to run, pick up can & return to start</i>	57	2 1 0	Completes cycle in 5 sec ø trip or drop can; completes cycle 6-10sec or drop can; >10sec

Controlled Gait

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
42L – Walk Backward	17	2 1 0	5 steps back(can pull toy); 2-4 steps; <2steps
44L – Walk Backward	17	2 1 0	Back 5 steps; 2-4steps; <2 steps _____
47L – Walk Sideways	21	2 1 0	Walks side 10ft, lead same foot; 4-9ft, lead same foot ½ steps; altered form _____
48L – Walking Line	21	2 1 0	1 foot on line 6ft; 1 foot 4-5ft; <4 ft on line_
54L – Walk Backward	25	2 1 0	10ft w/o heels touching toes; 1-9ft; <1ft _____

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56L – Walking Line	27	2 1 0	3steps on line, hands on hips, heels don't touch toes; 1-2 steps, hands on hips; one foot off line_____
68L – Walking Line	41	2 1 0	4ft on line, hands on hips, heels not touching toes; steps off 1 time, good form; >1step off
70L – Walk Line Forward	41	2 1 0	8ft on line, ø step off, hands on hips, heels not touching toes, <20° sway; steps off one time, good form; steps off >once or sways
75L – Walk Line Backward	45	2 1 0	4ft w/out stepping off line >1x, hands on hips, no heel-toe touch; steps off 2-5x, good form; steps off line>5x_____
78L - Walk Line Backward	51	2 1 0	5 steps ø step off line, hands on hips & toes touch heels; 2-4 steps good form; <2 steps

Subscale J: Higher Level Activities

Jumping

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
49L – Jump Forward	23	2 1 0	4" forward, with balance; <4" balanced; step or fall_____
50L – Jump Up	23	2 1 0	Up 2" w/ feet together; feet barely leave floor, or leads w/ 1 foot; toes on floor_____
51L – Jump Down 7"	23	2 1 0	Jumps ø assist, 1 foot may lead; steps down ø assist; needs help_____
55L – Jump Up 2" (line on wall)	25	2 1 0	Touches line or above; jumps btwn mark & line; toes on floor or below original mark____
58L – Jump Down (16-21")	29	2 1 0	Jumps ø assistance, can lead w/ 1 foot; steps down ø assistance, needs assistance_____
61L – Jump Forward	31	2 1 0	24" with 2 footed takeoff & landing; 12-23" 2-footed; <12"_____
62L – Jump Down (18-24")	31	2 1 0	Jumps ø assistance, 2 footed takeoff& land; jumps leading w/ 1 foot, or falls; needs help
63L – Jump Hurdles (2" string)	33	2 1 0	Jump over string 2-footed takeoff and land; over, but 1 foot lead; steps over or remains_
67L – Jump Forward	39	2 1 0	26", 2-footed takeoff & landing; 12-25"; <12

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72L – Jump Forward One Foot	43	2 1 0	6" forward, other foot does not touch; 2-5" no touch; <2" or other foot touches _____
73L – Jump Up 3" (line on wall)	45	2 1 0	Touches line or above; jumps btwn mark & line; toes on floor or below original mark__
76L – Jump Forward	47	2 1 0	30" forward 2 footed takeoff & land; 20-29" 2 footed; <20" or falls _____
81L – Jump Forward	53	2 1 0	36" forward 2 footed takeoff & land; 20-35" 2 footed; <20" or falls _____
82L – Turning Jump	53	2 1 0	Jump & turn 180°, hands on hips, <20° body deviation; turns 90-180°, good form; <90° __
84L – Jump Hurdles (10" string)	57	2 1 0	Jump over string 2 footed takeoff & land; 1 footed takeoff & landing; no jump over _____
87L – Jump Side (over line)	59	2 1 0	Jumps back & forth 3 cycles, hands on hips, feet together, ø touch line or pause; jumps 1-2 cycles; lands on line or pause btwn jump

Other Activities

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
59L – Walk on Toes	29	2 1 0	Walks on tiptoes 5 steps w/o heels touching floor; 1-4 steps same form; heels on floor__
64L – Walk on Toes (4"x 8' line)	33	2 1 0	Walks on toes entire length of line, hands on hips, heels up; 1-7ft; <1ft _____
77L – Hopping	47	2 1 0	5 hops on 1 foot, then 3-5 on other foot; 1-4 hops on 1 foot, 1-2 on other; none _____
83L – Hop Forward (3 feet)	53	2 1 0	Hops one line to other, turns & hops back on other foot; 1 foot to line, turn 1-2 hops back; hops in place, does not reach line _____
89L – Hopping speed (20 feet)	63	2 1 0	20ft in 6sec ø LOB or touch of opposite toe; 20ft in 7-10sec good form; <20ft or >10sec__
80L – Galloping	51	2 1 0	10ft w/ weight transfer smooth & even, arms free; 5-9ft good form; <5ft _____
86L – Skipping	57	2 1 0	Skips 8 steps, opposite arms & legs; 4-7 steps, alternating; <4steps or stiff arms _____
88L – Skipping	61	2 1 0	Skips 10ft, good balance & rhythm; 5-9 feet; <4ft or arms stiff at sides _____

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28S – Sit-ups	59	2 1 0	3 in 30sec; 1-2 in 30sec; none _____
29S – Sit-ups	68	2 1 0	5 in 30sec; 3-4 in 30sec; <3 _____
30S – Push-ups	72	2 1 0	8 in 20sec; 4-7 in 20sec; <4 _____
79L – Rolling Forward	51	2 1 0	Completes forward roll <15° deviation; rolls, but >15° deviation; fails to roll _____

Object Manipulation

Receiving Ball (8" playground ball, except #22)

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
1 – Catching Ball (straddle sit on floor, roll ball)	12	2 1 0	Corrals ball w/ arms &/or hands ø LOB; corrals ball, but loses balance; misses ball _____
10 – Catching Ball (toss ball from 5ft away)	25	2 1 0	Extends arms in front, attempts to secure ball by bending arms, does NOT need to catch ball; extends arms, but keeps straight; turns away from thrown ball _____
14 – Catching Ball (toss ball from 5ft away)	33	2 1 0	Catch ball w/ hands & arms extended; tries to catch ball; turns away or no arm effort _____
17 – Catching Ball (toss ball from 5ft away)	41	2 1 0	Catches ball w/ hands, arms bent 45-90°; catches ball by encircling it, then pulling to chest; fails to catch ball _____
22 – Catching Ball (toss tennis ball from 5ft away)	51	2 1 0	Catches ball 2/3 trials, arms bent, using only hands; catches ball 1/3 trials hands only; no _____

Throwing Ball (tennis ball, except #2 = 8" playground ball)

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
2 – Rolling Ball (straddle sit on floor)	13	2 1 0	Rolls ball 3ft forward using hand/arm; rolls ball 2-3ft forward; <2ft roll _____
3 – Flinging Ball	13	2 1 0	Throws ball in any direction, extend arm at shoulder or elbow; releases ball ø arm ext.; Drops ball _____
5 – Throwing Ball	15	2 1 0	Throws ball by ext. arm at shoulder or elbow, maintain balance; throws ball, but loses balance; drops ball _____
7 – Throwing Ball (overhand – 3ft.)	19	2 1 0	Throws ball 3ft in air; 1-2 ft in air; drops ball or does not throw forward _____
8 – Throwing Ball (underhand – 3ft.)	23	2 1 0	Throws ball 3ft in air; 1-2 ft in air; drops ball or does not throw forward _____

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11 – Throwing Ball (overhand – 7ft.)	27	2 1 0	Initiates throw by moving arm up & back, ball travels 7ft forward in air; different initiation of throw, travels ≤6ft in air; drops ball or not forward_____
12 – Throwing Ball (underhand – 7ft.)	29	2 1 0	Initiates throw by moving arm down& back, ball travels 7ft forward in air; different initiation of throw, travels <7ft in air; drops ball or not forward_____
15 – Throwing Ball (overhand – 10ft.)	39	2 1 0	Throws ball 10ft forward, good form; 3-9ft, <3ft or different direction_____
16 – Hitting Target (underhand – 5ft from target)	39	2 1 0	Hits target 2/3 trials; hits 1/3 trials; fails to hit target_____
18 – Hitting Target (overhand – 5ft from target)	43	2 1 0	Hits target 2/3 trials; hits 1/3 trials; fails to hit target_____
19 – Throwing Ball (underhand – 10ft.)	45	2 1 0	Throws ball 10ft w/ trunk rotation; 3-9ft w/ trunk rotation; <3 ft, or no rotation_____
20 – Hitting Target (overhand – 12ft from target)	51	2 1 0	Hits target 2/3 trials; hits 1/3 trials; fails to hit target_____
21 – Bouncing Ball (stand 5ft from wall)	51	2 1 0	Bounces ball to wall so it hits floor once then hits wall; hits floor >1x before wall; hits wall 1 st or misses wall_____
24 – Catch Bounced Ball (self bounce)	68	2 1 0	Bounces & catches ball 2/3 trials, 1/3 trial; fails to catch ball_____

Kicking Ball (8” playground ball)

<u>Item #</u>	<u>Age(mos)</u>	<u>Score</u>	<u>Comments (2; 1; 0)</u>
4 – Kicking Ball (place ball 6” in front of child)	15	2 1 0	Lifts foot & contact ball; attempts; no try_____ _____
6 – Kicking Ball (place ball 6” in front of child)	19	2 1 0	Kicks ball 3ft forward w/ <45° deviation; kicks ball 3 ft w/ >45° deviation; kick <3ft_
9 – Kicking Ball (place ball 6” in front of child)	23	2 1 0	Kicks ball 3ft w/ <20° deviation from mid.; Kicks 3ft, but deviates >20°; <3ft or >20°__
13 – Kicking Ball	29	2 1 0	Kick ball forward 6ft. w/ opposite arm & leg mvmts, initiate kick w/ leg back& knee bent; 2-6 ft. same form; bad form or ball <2ft.____
23 – Kicking Ball	68	2 1 0	Kicks ball so it travels 12 ft in air using opp. arm & leg mvmts, initiate kick w/ leg back& knee bent; 6-11ft in air, good form; <6ft____