



Special Olympics Athletics Skills Assessment Card

Athlete's Name _____

Date _____

Coach's Name _____

Date _____

Instructions

1. Use tool at the beginning of the training/competition season to establish a basis of the athlete's starting skill level.
2. Have the athlete perform the skill several times.
3. If the athlete performs the skill correctly 3 out of 5 times, check the box next to the skill to indicate that the skill has been accomplished.
4. Program Assessment Sessions into your program.
5. Athletes may accomplish skills in any order. Athletes have accomplished this list when all possible items have been achieved.

Running Basics

- Maintains a balanced and upright posture
- Can maintain a hips tall position
- Lifts opposite knee/arm while running
- Does not swing the arms in front of the body or rotate the shoulders while running

Starts

- Performs a stand up sprint start
- Demonstrates proper sprinting form
- Takes relaxed "On Your Mark" position in the starting blocks
- Takes balanced "Set" position in the starting blocks
- Performs a sprint start out of the starting position upon hearing start command
- Athlete performs a stand up start

Sprints

- Athlete can perform a stand up or block start
- Athlete has good foot speed
- Demonstrates ability to start and finish a sprint event
- Athletes sprints under control
- Athlete likes to run fast



Hurdles

- Athlete attempts to step over a low barrier
- Athlete demonstrates the ability to step over a low obstacle while running
- Athlete demonstrates flexibility in hips
- Athlete demonstrates ability to start and finish a sprint
- Athlete likes running over barriers

Relays

- Receives baton in a visual pass
- Performs an upsweep/palm down baton pass
- Performs a downsweep/palm up baton pass
- Performs baton pass in exchange zone
- Runs designated leg of relay race in proper manner
- Athlete runs to teammate in proper lane
- Athlete runs in lane while reaching back with designated arm
- Athlete can run to teammate with baton
- Athlete runs in lane while looking back at incoming runner
- Athlete can run 100M
- Athlete can run 400M
- Athlete likes running relays with teammates

Middle Distance

- Athlete can run for 3 minutes at a steady pace
- Athlete can run for 30 seconds at a fast pace
- Athlete likes running 2-4 laps around track

Long Distance Running

- Runs in balanced and erect posture
- Demonstrates correct distance running form
- Demonstrates ability to start and finish a 1600M race
- Demonstrates ability to run at a certain pace



Running Long Jump

- Performs a 9-step approach
- Performs a single leg takeoff
- Demonstrates the step-style flight technique
- Demonstrates the hang-style flight technique
- Demonstrates proper landing technique
- Jumps on command and under control
- Athlete can perform a good standing long jump
- Athlete can locate his/her starting mark
- Athlete can locate takeoff board
- Athlete likes jumping into sand pit

Standing Long Jump

- Assumes a ready-to-jump position
- Demonstrates the correct takeoff for a standing long jump
- Demonstrates proper flight technique
- Demonstrates proper landing technique
- Jumps on command and under control
- Athlete can perform two-leg takeoff
- Athlete likes jumping

High Jump

- Performs a 7-step approach for a flop style high jump
- Performs a flop style jump, landing on back
- Performs a scissor style high jump
- Performs a 7-step approach for a scissor-style high jump
- Jumps on command and under control
- Athlete can jump up into the air off one foot
- Athlete can take off with one foot and land in the pit
- Athlete can perform a consistent three-step approach
- Athlete can perform a one-foot takeoff
- Athlete can jump backward into the pit
- Athlete can run on a curve
- Athlete likes jumping



Shot Put (for wheelchair athletes too)

- Grips shot correctly
- Takes a ready-to-put position
- Performs a standing put, or wheelchair sitting put
- Performs a sliding put
- Performs a glide put
- Puts shot in a forward direction
- Puts shot in the shot put marking area
- Performs reverse or weight transfer
- Athlete can balance the shot in the palm of one hand
- Athlete can safely pick up and hold the shot in the proper position
- Athlete likes putting the shot

Race Walking

- Race walks in a balanced and erect posture
- Race walks in proper form at low speeds
- Race walks at various speeds, slow-fast
- Race walks in competitive form
- Race walks under control
- Athlete likes race walking

Wheelchair Racing

- Assumes a ready-to-race position
- Performs a forward stroke and recovery
- Demonstrates ability to complete a wheelchair race
- Races in a controlled manner

Softball Throw (wheelchair athletes too)

- Grips a softball correctly
- Demonstrates proper overhand throwing technique
- Throws softball on command
- Throws softball in a forward direction
- Throws softball in the softball marking area
- Athlete can properly grip softball in throwing hand
- Athlete can take a correct ready-to-throw position
- Athlete likes throwing a softball