

## FUNCTIONAL GROSS MOTOR SKILLS FOR CLASSROOM AND SCHOOL

Skill/IEP Objective	Activity/IEP Strategies	Participation	Comments
IEP Objective	IEP Strategies (&/ or Resources) Further task analysis & break down of skills	Partial (P) Independent (I)	
Strengthening Head Control	<ul style="list-style-type: none"> <li>- lifts head when lying on back</li> <li>- lifts and holds head when on tummy to listen to a story with peers</li> <li>- holds head in midline to look at book (on easel type surface) when sitting</li> <li>- able to tuck chin down to look at work on desk</li> <li>- looks at board/teacher then down at desk and back up</li> <li>- leans head in headrest and turns to either side to watch peers in gym</li> </ul>		
Taking Weight On One Or Both Arms	<p><u>On The Tummy</u></p> <ul style="list-style-type: none"> <li>- lifts and turns head</li> <li>- pushes up onto forearms (on own or with roll/half roll/wedge)</li> <li>- reaches for object with either hand</li> <li>- pushes up onto hands</li> </ul> <p><u>Sitting</u></p> <ul style="list-style-type: none"> <li>- leans on one or both hands while sitting on the floor at circle</li> <li>- leans forearms on desk or tray</li> <li>- pushes up to sitting from the floor or a change table</li> <li>- moves from sitting back down to the floor</li> </ul> <p><u>Standing</u></p> <ul style="list-style-type: none"> <li>- leans on tray when in standing frame</li> <li>- leans on desk to help sit down on or get up from seat</li> </ul>		

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Sitting	<p><u>On The Floor</u></p> <ul style="list-style-type: none"> <li>- leans weight on both hands while sitting to listen in circle</li> <li>- leans on one hand and can raise the other to answer a question</li> <li>- can reach both hands forward to pass a Show and Tell object to the teacher</li> <li>- can pass an object to peers on either side around during circle</li> <li>- helps TA to get down to the floor and back up</li> </ul> <p><u>At A Desk</u></p> <ul style="list-style-type: none"> <li>-sits on the chair independently</li> <li>- moves from sitting to standing on his/her own</li> <li>- pivots on the chair</li> <li>- leans forward to hit a switch</li> </ul>		
Taking Weight On One Or Both Legs	<ul style="list-style-type: none"> <li>- takes weight on legs while sitting in wheelchair or classroom chair</li> <li>-takes weight reliably during transfers with one adult</li> <li>- takes some weight while transferring with the help of two adults</li> </ul>		
Standing	<ul style="list-style-type: none"> <li>- stands while leaning two hands on a walker, crutches etc.</li> <li>- stands independently</li> <li>- stands and moves arms to do warm ups in gym</li> <li>- stands and bend knees to do modified squats</li> <li>- stands while leaning one hand on the wall to kick a ball</li> <li>- kicks a ball with no support</li> </ul>		

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Mobility	<ul style="list-style-type: none"> <li>- rolls around the room to get to toys</li> <li>- pushes backwards while on tummy</li> <li>- pulls forwards while on tummy</li> <li>- scoots around the room on his/her bottom to get books from library shelves</li> <li>- crawls on hands and knees during mat routine in the gym</li> <li>- keeps hands in lap or on tray while being pushed in manual wheelchair</li> <li>- helps to push while in a manual wheelchair</li> <li>- uses a manual wheelchair independently indoors to wheel from home room to electives</li> <li>- uses a manual wheelchair independently both in and out of doors</li> <li>- walks with one person to the library to stamp books</li> <li>- walks with one person on either side</li> <li>- walks using a walker, crutches etc. to pick up mail from the office</li> <li>- walks independently around home</li> <li>- walks on his/her own both at home and at school</li> <li>- walks safely and independently both in and out of doors</li> <li>- runs laps in gym</li> <li>- walks up stairs, using a railing, to get to a foods class</li> <li>- walks down the stair with a railing</li> </ul>		