



# APEAS II

ADAPTED PHYSICAL EDUCATION ASSESSMENT SCALE

Student or ID: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 CA: \_\_\_\_\_ Dan Cariaga

## Adaptive Behaviors for Physical Education Participation

Score	Behavior	Domain
	<b>Peer Interaction</b> <input type="checkbox"/> 1 Requires occasional reminders in order to interact with <input type="checkbox"/> 2 Requires regular prompting to interact with peers <input type="checkbox"/> 3 Requires direct instructional assistance to interact with	Behavioral
	<b>Fitness Level</b> <input type="checkbox"/> 1 Occasionally needs a rest break <input type="checkbox"/> 2 Can complete 50% of the class activities without a rest <input type="checkbox"/> 3 Requires frequent rest breaks	Motor
	<b>Medical Condition:</b> <input type="checkbox"/> 1 Is able to self manage medical condition <input type="checkbox"/> 2 Requires regular prompting to self-manage medical <input type="checkbox"/> 3 Requires direct assistance to manage medical	Medical
	<b>Time, Equipment and/or Activity Modifications</b> <input type="checkbox"/> 1 Requires <u>one</u> of the above modifications <input type="checkbox"/> 2 Requires <u>two</u> of the above modifications <input type="checkbox"/> 3 Requires <u>three</u> of the above modifications	Motor
	<b>Understanding of Rules And/Or Strategies</b> <input type="checkbox"/> 1 Is able to comprehend with minimal supports <input type="checkbox"/> 2 Requires regular prompting to participate <input type="checkbox"/> 3 Requires direct assistance to participate appropriately	Cognitive
	<b>Behavior Prevents Participation in Group Activities</b> <input type="checkbox"/> 1 Is able to manage behavior with minimal supports <input type="checkbox"/> 2 Requires regular prompting to self-manage behavior <input type="checkbox"/> 3 Requires direct assistance to manage behavior	Behavioral
	<b>Opening a Combination Lock</b> <input type="checkbox"/> 1 Needs frequent reminders of combination <input type="checkbox"/> 2 Needs verbal prompts to open lock <input type="checkbox"/> 3 Unable to open lock – needs staff assistance	Functional
	<b>Locker Room Supervision</b> <input type="checkbox"/> 1 Occasionally needs assistance in the locker room <input type="checkbox"/> 2 Requires regular prompting to dress <input type="checkbox"/> 3 Requires direct assistance to dress	Functional

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Student or ID: \_\_\_\_\_ Sex: \_\_\_\_\_  
 DOB: \_\_\_\_\_ Date: \_\_\_\_\_  
 CA: \_\_\_\_\_ Assessed By: **Dan Cariaga**

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**Perceptual Motor**

**Score**

1	Ocular Control		1-moves head 2-eyes dart 3-mvt jerky 4-no converge (Sum Total)
2	IP(Sum of Postures)		7 12 13 14 (1 point each correct - Max 15)
3	Balance L Closed		Standing on left foot, arms crossed eyes closed (Total seconds, Max 90)
	Balance R Closed		Standing on right foot, arms crossed eyes closed (Total seconds, Max 90)
4	Alternate Hopping		# of rhythmic patterns in 10 sec, pattern: r-hop, r-hop, l-hop, l-hop (1 point per pattern)

**Object Control**

5	Throwing		3-hits target 2-hits wall below target 1-hits wall 0-does not reach wall 30' to an 18"x36" target; (5 trials, points scored per trial - Max 15)
6	Throwing Quality		cross extension follow through weight shift hand consistency 1 point each (Max 4)
7	Catching		3- ball caught by hands 2-ball trapped 1-attempts but misses 0-misses w/o attempt (5 trials from 30', points scored per trial - Max 15)
8	Catching Quality		tracks ball body position hand adjustments absorbs impact (1 point each - Max 4)
9	Kick Accuracy		3-hits target 2-hits wall below target 1-hits wall 0-does not reach wall in flight 20 feet to an 18"x36" target; 5 trials, (Max 15)
10	Paddle Rally		One minute timed test, 0 or 1 bounce only, examiner may have 1 spare ball (Total number of successful hits from behind 15' in one minute)

**Locomotor Skills**

11	Running Form		4-long stride, flight, mature 3-emerging, limited arm opposition 2-limited flight, lacks consistency 1-no flight, limited arms, side to side movement 0- Unable (Max 4)
12	Skipping Form		4-reciprocal mvt w/arms & legs, smooth 3-lacks good rhythm 2-mvt disjointed, pattern inconsistent 1-pattern mechanical & inconsistent 0- Unable to perform skill (Max 4)

**Physical Fitness**

13	Flexibility		Sitting in straight leg, long-sitting position w/ heels touching wall, hold ruler and slide through hands, measure the distance at student's finger tips (score in inches to nearest 1/4")
14	Agility Run		Bean bags 36' & 42' from start line, pick up one at a time... place at start line, then return bean bags one at a time to original position (Score in seconds, to nearest tenth)
15	Bent Knee Curl-Up		Total number of curl-ups that can be completed without stopping (# of completed curl-ups, Max 75)
16	Push-Up Position		Timed test, student in straight body push-up position (Total seconds - Max 90)
17	Push-Ups		Test of upper body strength (un-timed—Max 75)
18	Standing Long Jump		Three trials on matted surface, measure from take-off line to part of body that touches the surface nearest the take-off line, 3 trials (score longest jump in inches)
19	Jumping Form		4- bilateral coordination good, absorbs impact 3-no forward lean, inconsistent 2-mvt labored, coordination lapses after 3 or 4 jumps 1-many inconsistencies 0- Unable (Max 4)
20	Endurance: Pacer		Two lines 20 meters apart, timed test using tape or CD (1 point for each lap as noted by tape)
21	BMI	Height	(Inches)
		Weight	(Pounds)

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BMI - From National Center for Health Statistics - National Center for Chronic Disease Prevention and Health Promotion (2003)