

Level 1: Table

Adapted Physical Education: The student will demonstrate muscular strength by completing all of the components of the Level 1 Table position checklist, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/ checklist, measured once a month.

{First name}, will demonstrate muscular strength by completing 2 out of 8 components of the Level 1 Table position checklist, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

{First name}, will demonstrate muscular strength by completing 4 out of 8 components of the Level 1 Table position checklist, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

{First name}, will demonstrate muscular strength by completing 6 out of 8 components of the Level 1 Table position checklist, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

Level 1 Table Checklist:

1. Hands on the floor	
2. Arms fully extended	
3. Fingers spread and pointing forward	
4. Hands under shoulders	
5. Knees on the ground	
6. Knees under hips	
7. Long (neutral) spine	
8. Can perform independently	

Level 2: Plank

Adapted Physical Education: The student will demonstrate muscular strength by completing all of the components of the Level 2 Plank checklist, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/checklist, measured once a month.

{First name}, will demonstrate muscular strength by completing 2 out of 8 components of the Level 2 Plank position checklist, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

{First name}, will demonstrate muscular strength by completing 4 out of 8 components of the Level 2 Plank position checklist, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

{First name}, will demonstrate muscular strength by completing 6 out of 8 components of the Level 2 Plank position checklist, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

Level 2: Plank Checklist:

1. Table position	
2. One leg out	
3. Other leg to meet it	
4. Toes curled under	
5. Head, hips, and heels are in line	
6. Long spine	
7. Eyes gazing between thumbs	
8. Can perform independently	

Level 3: Timed Plank

Adapted Physical Education: The student will demonstrate muscular strength by completing all of the components of the Level 3 Plank position checklist, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

{First name}, will demonstrate muscular strength by completing 2 out of 8 components of the Level 3 Plank position, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

{First name}, will demonstrate muscular strength by completing 4 out of 8 components of the Level 3 Plank position, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

{First name}, will demonstrate muscular strength by completing 6 out of 8 components of the Level 3 Plank position, used in the modified NYC Fitness gram with 80% accuracy, over a 4-week period, as per teacher observation/data sheets, measured once a month.

Level 3: Timed Plank Checklist:

1. Plank position	
2. Can hold for 1-5 seconds	
3. Can hold for 5-10 seconds	
4. Can hold for 10-15 seconds	
5. Can hold for 15-20 seconds	
6. Can hold for 20-25 seconds	
7. Can hold for 25-30 seconds	
8. Can hold for 30+ seconds	

Teacher observation/data sheet:

Teacher:	
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Student Name	Pre-assessment			Sept	Oct:	Nov	Dec	Jan	Feb	Mar	April	May	Jun
1.	L1	L2	L3										
2.	L1	L2	L3										
3.	L1	L2	L3										
4.	L1	L2	L3										
5.	L1	L2	L3										
6.	L1	L2	L3										

***Pre-Assessment:** When pre-assessing the students, please go through each check-list to determine which level the student will be for the year. For example: if a student can complete 8/8 components of the Level 1 checklist, then you can move on to the Level 2 checklist and so on. If a student can not complete a checklist, that will determine the level of the student for the year. Remember, a student must be able to complete all 8 of the components of their level for their annual goal. When you have determined their level, please circle L1, L2, or L3 on the teacher observation/data sheet.

2020-21 APE IEP Pre-Assessment Checklist

Level 1: Table		Level 2: Plank		Level 3: Timed Plank	
1. Hands on the floor		1. Table position		1. Plank position	
2. Arms fully extended		2. One leg out		2. Can hold for 1-5 seconds	
3. Fingers spread and pointing forward		3. Other leg to meet it		3. Can hold for 5-10 seconds	
4. Hands under shoulders		4. Toes curled under		4. Can hold for 10-15 seconds	
5. Knees on the ground		5. Head, hips, and heels are in line		5. Can hold for 15-20 seconds	
6. Knees under hips		6. Long spine		6. Can hold for 20-25 seconds	
7. Long (neutral) spine		7. Eyes gazing between thumbs		7. Can hold for 25-30 seconds	
8. Can perform independently		8. Can perform independently		8. Can hold for 30+ seconds	