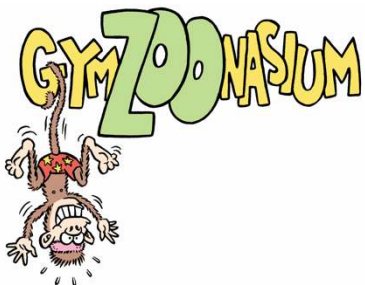


GymZOOlympics Facilitator Guide

- It is recommended you complete this assessment sheet at commencement of program (baseline assessment) and at the end of the year (final assessment). Progressive assessments (re-assessments) can be completed as you wish.
- Measures should be used to compare against the individuals previous measure (not against peers).
- You can do all the assessment exercises or just a few.
- Warm-up properly before the assessment. The GymZOOlympics Intro Video includes an overview and then a fun guided warm-up.
- Record the length of time (minutes/seconds), number of repetitions (e.g. Lion Lunge & Lizard Push-up) or distance (Armadillo Curl) the student is able to achieve for each exercise
- Where appropriate, indicate the level of assistance the student required to complete the exercise (PA / VP / IND):
 - PA - Physical assistance - student required physical positioning to move body into correct position
 - VP - Verbal prompt - student required specific verbal/light physical prompting (e.g. bottom lifted, belly up) to maintain correct position
 - IND - Independent - student is able to adopt and maintain correct body position with minimal prompting (e.g. do the Gorilla Squat)
- Armadillo Curl notes – Have the children assume the Armadillo Curl position with their feet against a wall (or a small stationary box for those who can reach past their toes). The wall or box assists with keeping feet still to measure accurately. Have the children reach their hands as far forward as they can with straight legs. Measure with a ruler the distance from the toes the student can reach (e.g. 2cm). If the student is unable to reach their toes, measure the distance and add a 'minus' sign (e.g. -5cm means the child is 5cm short of reaching their toes).



The Assessment Exercises

Exercise	Illustration	Watch Points	Seated version	Assesses	Functional Implications
Koala Balance * Timed stationary hold		- Balancing on bottom - Tummy scooped in - Arms crossed on chest - Shins parallel with the floor	Wriggle forward in the chair & raise arms straight up beside ears. Scoop tummy in and lean back to engage abdominals (without touching the back of the chair). Lift feet off the floor also if possible. Hold for as long as you can.	- Abdominals - Posture	Assists with: Maintaining upright posture (standing/sitting) e.g. sitting at desk to complete work
Dolphin Arch * Timed stationary hold		- Legs straight - Chest and legs lifted off the floor at the same time - Chest and legs (including lower thighs) kept up off the floor - Arms resting beside body (not using arms to assist)	Seated, rest your chest on your knees. Straighten your arms out in front of you. Arch your upper body up like a dolphin (keeping your arms beside your ears). Hold for as long as you can.	- Posture - Back (erector spinae) - Glutes	Assists with: Maintaining upright posture (standing/sitting) e.g. sitting at desk to complete work

Gorilla Squat * Timed stationary hold		• Feet hip width apart • Feet flat • Knees and hips at right angles (thighs parallel with the floor) • Back and bottom on the wall	• Place your hands on the sides of your chair. Push down with your hands (and your legs/feet if possible) to lift your bottom for as long as you can.	• Quadriceps • Glutes	Assists with: • Rising and sitting from chair/floor • Walking and running endurance
Chimpanzee Swing * Timed stationary hold		• Bottom held up off the floor (only feet and hands touching the floor) • Good shoulder posture (shoulders down and back) • Chest upright	• Place your hands on the sides of your chair. Push down through your hands to lift your bottom off the chair (and feet off the floor also if you can). Hold for as long as you can.	• Abdominals • Shoulders & arms	• Helps improve strength and control of trunk and upper limb, which is important for handwriting and fine motor tasks
Flamingo Balance * Timed stationary hold		• Keeping body still (not shuffling/jumping around) • Pelvis level (not dropping on one side)	• Sit on a wobbly cushion or exercise ball (with adult assistance for safety). Close your eyes and lift one leg for as long as you can.	• Balance & proprioception • Pelvic stability • Leg & ankle strength	Assists with: • Walking • Mobilising stairs safely • Reducing falls

Lion Lunge * Count the number of repetitions on each leg		• Bending both knees to right angles • Pelvis square to the front & level side-to-side (not dropping on one side) • Body upright	• Seated: Sit up tall, with your feet flat on the floor. Lift one leg off your chair (and straighten your knee if you can). Hold for 3 seconds, then lower. Do 5 to 10 on one leg, then switch legs.	• Quadriceps • Glutes • Pelvic stability	Assists with: • Walking - flat, inclines, declines • Mobilising stairs safely
Lizard Push Up * Count the number of repetitions		• Body straight from shoulders to knees • Body lifting all together (like a plank of wood) • Bending and straightening elbows to achieve the movement (rather than moving hips up and down)	• Do seated push-ups, with hands on a sturdy bench in front of you	• Chest • Arms • Abdominals	• Helps improve strength and control of trunk and upper limb, which is important for handwriting and fine motor tasks
Armadillo Curl * Measure the distance between the longest fingertip and the closest edge of the box		• Feet flat against a wall or sturdy box. A box is needed for students who can reach past their toes. • Legs straight • Stretching fingers as far forward as possible and holding still while the distance is measured	• Place feet onto a sturdy bench, with knees straight. Reach forward towards (or beyond) your toes, as far as you can.	• Flexibility of lower back & hamstrings	• Important for sitting and standing posture