

Motor skill categories

How do you choose the right level?

Level 1

Level 1 is suitable for children from 12 to around 36 months.

Skills	Description
Run	<input type="checkbox"/> Takes several steps in quick succession (starts running) [on hard surfaces].
Launch	<input type="checkbox"/> Able to hold a ball with 2 hands and give it to someone else <input type="checkbox"/> Throwing over the head <input type="checkbox"/> Starts making high passes (balloon effect)
Botter	<input type="checkbox"/> Walk towards the ball to kick it (succeed in moving the ball forward by walking and not by kicking it)
Hit	<input type="checkbox"/> Holds a stick supported on the ground with one hand and moves it to hit a ball, with difficulty [ex: field hockey stick]. <input type="checkbox"/> Uses hand to hit balls
Bike/pedal	<input type="checkbox"/> Start riding a tricycle
Jumping / hopping / frolicking	<input type="checkbox"/> Start jumping on the spot (not both feet at the same time yet)

If your child meets ALL the criteria for Level 1, he or she can move on to Level 2.

If your child PARTIALLY meets the criteria for Level 1, he's got it.

Level 2

Level 2 is suitable for children aged between 36 months and 4 years. The prerequisite is that all Level 1 criteria have been met.

Skills	Description
Run	<input type="checkbox"/> Able to run with ease [on hard surfaces]. <input type="checkbox"/> Starts running on different surfaces [grass, carpet, mound, rock, etc.]. <input type="checkbox"/> Start running backwards
Launch	<input type="checkbox"/> Throw over the head, under the legs <input type="checkbox"/> Rolls the ball on the ground <input type="checkbox"/> Able to hold a ball with 2 hands and walk at the same time <input type="checkbox"/> Start aiming at a target <input type="checkbox"/> Able to make high passes (balloon effect)

	<input type="checkbox"/> Able to bounce passes
Botter	<input type="checkbox"/> Begins to stand on 1 foot to kick the ball when stationary <input type="checkbox"/> Start aiming at a target <input type="checkbox"/> Starts to stop the ball with his foot
Hit	<input type="checkbox"/> Holds a stick with 1 or 2 hands on the ground and hits a ball with ease [e.g. field hockey stick, golf club and others]. <input type="checkbox"/> Holds a stick in the air with 2 hands [ex: baseball bat, badminton racket and others]. <input type="checkbox"/> Start aiming at a target
Bike/pedal	<input type="checkbox"/> Able to ride a bike with small wheels <input type="checkbox"/> Able to stop on its own (brake) <input type="checkbox"/> Starts off on its own when stopped
Jumping / hopping / frolicking	<input type="checkbox"/> Start jumping with both feet at the same time <input type="checkbox"/> Starts jumping forward at 1 or 2 feet <input type="checkbox"/> Starts jumping over object [ex: small hedge].
Catch / block	<input type="checkbox"/> Begins to catch a ball with 2 hands <input type="checkbox"/> Throws himself flat on his stomach to block a ball
Skating	<input type="checkbox"/> Stands with support <input type="checkbox"/> Able to stand up on his own <input type="checkbox"/> Starts skating with support <input type="checkbox"/> Start quitting without falling
Skiing (downhill)	<input type="checkbox"/> Able to stand upright in a snowplough (pizza tip) <input type="checkbox"/> Descends a hill alone <input type="checkbox"/> Start making big snowplough turns

If your child meets ALL the criteria for Level 2, he or she can move on to Level 3.

If your child PARTIALLY meets the criteria for level 2, he's got it.

Level 3

Level 3 is suitable for children aged 5 and 6. The prerequisite is that all Level 2 criteria have been met.

Skills	Description
Run	<input type="checkbox"/> Able to run on different surfaces [grass, carpet, mound, rock and others]. <input type="checkbox"/> Starts running with a ball or object in his hands <input type="checkbox"/> Able to run backwards
Launch	<input type="checkbox"/> One-handed throw to the side of the head <input type="checkbox"/> Able to aim at a target <input type="checkbox"/> Starts making direct passes
Botter	<input type="checkbox"/> Able to aim at a target <input type="checkbox"/> Able to stop the ball with his foot <input type="checkbox"/> Kick the ball as it rolls towards him <input type="checkbox"/> Begins to control the direction of the ball when more than one stroke is required [e.g., going around a cone].
Hit	<input type="checkbox"/> Able to aim at a target <input type="checkbox"/> Easily holds the baton properly, depending on the sport (1 or 2 hands) <input type="checkbox"/> Start hitting a moving ball
Bike/pedal	<input type="checkbox"/> Start cycling without small wheels <input type="checkbox"/> Able to restart on its own when it stops <input type="checkbox"/> Starts avoiding obstacles
Jumping / hopping / frolicking	<input type="checkbox"/> Able to jump forward at 1 or 2 feet <input type="checkbox"/> Begins to gambol over short distances <input type="checkbox"/> Able to jump over higher objects [e.g. large hedge, box, etc.].
Catch / block	<input type="checkbox"/> Able to catch a ball with 2 hands <input type="checkbox"/> Begins to catch a ball with one hand [e.g. baseball]. <input type="checkbox"/> Able to block a ball with feet on the ground
Skating	<input type="checkbox"/> Stands without support <input type="checkbox"/> Begins to skate without support <input type="checkbox"/> Able to skate with a stick in his hands <input type="checkbox"/> Able to climb over obstacles <input type="checkbox"/> Able to stop without falling
Skiing (downhill)	<input type="checkbox"/> Goes downhill (family) <input type="checkbox"/> Able to make big turns <input type="checkbox"/> Start parallel skiing <input type="checkbox"/> Starts braking in parallel

	<input type="checkbox"/> Start making smaller turns <input type="checkbox"/> Faster descent on slopes (less snowploughing)
--	---

If your child meets ALL the criteria for Level 3, he or she can move on to Level 4.

If your child PARTIALLY meets the criteria for level 3, he's got it.

Level 4

Level 4 is suitable for children aged 7 and 8. The prerequisite is that all Level 3 criteria have been met.

Skills	Description
Run	<input type="checkbox"/> Able to run easily with a ball in the feet or an object in the hands
Launch	<input type="checkbox"/> Able to make direct passes <input type="checkbox"/> Throws with force and precision
Botter	<input type="checkbox"/> Boots with strength and precision <input type="checkbox"/> Able to kick in the air
Hit	<input type="checkbox"/> Strike with force and precision <input type="checkbox"/> Able to hit the ball in the air with a stick on the ground [e.g. field hockey]. <input type="checkbox"/> Able to hit a moving ball in the air [e.g. baseball, tennis].
Bike/pedal	<input type="checkbox"/> Able to cycle without wheels <input type="checkbox"/> Begins to play more difficult courses (bumps, rocks, grass) <input type="checkbox"/> Able to avoid obstacles <input type="checkbox"/> Start pedaling 1-handed
Jumping / hopping / frolicking	<input type="checkbox"/> Able to gambol with ease <input type="checkbox"/> Able to jump using an object [e.g. pole]. <input type="checkbox"/> Able to compile several different jumps [e.g. cross, over object, spread, frog and others]. <input type="checkbox"/> Able to jump sideways and crosswise <input type="checkbox"/> Able to make a jump with a 180-degree turn
Catch / block	<input type="checkbox"/> Able to catch a ball with 1 hand <input type="checkbox"/> Able to block a ball by jumping
Skating	<input type="checkbox"/> Able to skate backwards <input type="checkbox"/> Able to link two movements quickly [e.g. braking-changing direction].

	<input type="checkbox"/> Turn in circles, crossing leg in front
Skiing (downhill)	<input type="checkbox"/> Start skiing with poles <input type="checkbox"/> Easy to turn <input type="checkbox"/> Start making undergrowth <input type="checkbox"/> Start doing small jumps <input type="checkbox"/> Able to brake in parallel <input type="checkbox"/> Start skiing backwards

If your child meets ALL the criteria for this level, he or she can move on to Level 5.

If your child PARTIALLY meets the criteria for level 4, he's got it.

Level 5

Level 5 is suitable for children aged 9-10. The prerequisite is that all Level 4 criteria have been met.