

Initial Evaluation Planner for 3 & 4 year olds

Student name: _____ Age: _____

Part 1: Physical skills

1. Have the student do 3 arm circles.
2. Have the student do head-shoulders-knees-toes 3 times.
3. Have the student hop forward (both feet) 3 times without falling.

Comments:

Part 2: Intellectual skills

1. Have the student walk forward, and give the command to “stop”. Then give the student the command to “go”. Do this 3 times.
2. Give the student the following 3-step command: take 3 steps forward, turn around, and take 3 steps backwards.
3. Show the student 3 cards that each represent a basic shape (square, circle, and triangle). Make sure each shape is a different color. Ask the student to tell you the shape and color.

Comments:

Part 3: Emotional skills

1. During the evaluation, look for the child to show self-esteem
2. During the evaluation, look for the child to show excitement
3. During the evaluation, look for the child to perseveres through each task in the evaluation.

Comments:

Part 4: Social skills

1. Show the student how to give a polite greeting. Role play 3 times.
2. Show the student how to reply to commands with “yes ma’am/ sir” and “no ma’am/ sir”. Role play 3 times.
3. Show the student how to ask for something appropriately. Role play 3 times.

Comments:

Pre-qualification chart for 3 & 4-year olds

Student name: _____ Age: _____

PHYSICAL SKILLS	SCORE	COMMENTS
Arm circles		
Head-shoulders-knees-toes		
Hop forward (both feet) 3 times without falling		

INTELLECTUAL SKILLS	SCORE	COMMENTS
Understands stop and go		
Can follow basic 3 step orders		
Recognizes basic colors and shapes		

EMOTIONAL SKILLS	SCORE	COMMENTS
Shows self-esteem		
Shows excitement		
Perseveres through tasks		

SOCIAL SKILLS	SCORE	COMMENTS
Knows how to give a polite greeting		
Answers with yes and no ma'am/sir		
Knows how to ask for something appropriately		

Final evaluation score: _____

Final comments:

Instructor: _____ Date: _____

Initial Evaluation Planner for 5 & 6 year olds

Student name: _____ Age: _____

Part 1: Physical skills

1. Have the student do 2 push-ups (small pad under chest).
2. Have the student hold one leg up for 3 seconds.
3. Have the student do 3 jumping jacks.

Comments:

Part 2: Intellectual skills

1. Have the student count to 10.
2. Give the student the following 4-step command: take 3 steps forward, jump on one leg 3 times, take 3 steps backwards, and then jump on one leg 3 times.
3. Show the student a basic punch. Have the student punch with left or right hand on your command. Do this 3 to 5 times.

Comments:

Part 3: Emotional skills

1. During the evaluation, look for the child to show pride in his or her efforts.
2. During the evaluation, look for the child to show a positive attitude.
3. During the evaluation, have the child show control by not moving until commanded.

Comments:

Part 4: Social skills

1. Ask the student to grab some targets for the lesson. Look for the student's willingness to help.
2. Introduce yourself to the student, and also to other staff members and students if possible. Look for their enjoyment in meeting others.
3. Explain the basic classroom rules. Ask the student to repeat the rules. For example, before class begins, he or she must sit quietly on the side of the training deck. Ask the student to show you.

Comments:

Pre-qualification chart for 5 & 6-year olds

Student name: _____ Age: _____

PHYSICAL SKILLS	SCORE	COMMENTS
Push-ups		
Holding leg up for 3 seconds		
Can do 3 jumping jacks		

INTELLECTUAL SKILLS	SCORE	COMMENTS
Can count to 10		
Can follow basic 4 step orders		
Can follow left and right commands on punches		

EMOTIONAL SKILLS	SCORE	COMMENTS
Displays pride		
Displays "can do" attitude		
Shows control		

SOCIAL SKILLS	SCORE	COMMENTS
Shows willingness to help		
Enjoys meeting others		
Understands right from wrong		

Final evaluation score: _____

Final comments:

Instructor: _____ Date: _____

Initial Evaluation Planner for 7 to 9-year olds

Student name: _____ Age: _____

Part 1: Physical skills

1. Have the student do 5 push-ups (small pad under chest).
2. Have the student hold one leg up for 5 seconds.
3. Run the student through a few of the following: punch, knife hand strike, front kick, round kick, high block, and low block.

Comments:

Part 2: Intellectual skills

1. 5-step command: jump on one leg 3 times, take 3 steps forward, jump on one leg 3 times, take 3 steps backwards, and then jump with both feet 3 times.
2. Have the student do 3 to 5 (2-move) punch and kick combinations with left and right commands.
3. Perform the basic strikes, blocks, and kicks. Have the student repeat the names of each move.

Comments:

Part 3: Emotional skills

1. During the evaluation, look for the child to show a strong desire to perform.
2. During the evaluation, look for the child to seek approval from you and his or her parents.
3. During the evaluation, evaluate whether or not the child displays egotistical characteristics.

Comments:

Part 4: Social skills

1. Explain how hitting others and picking on others is wrong. Ask the student why?
2. Explain to the student that he or she will be working with others. Ask him or her what their thoughts are on that?
3. Explain the basic classroom rules. Watch for the student to make good eye contact.

Comments:

Pre-qualification chart for 7 & 8-year olds

Student name: _____ Age: _____

PHYSICAL SKILLS	SCORE	COMMENTS
Push-ups		
Holding leg up for 5 seconds		
Basic strikes, kicks, and blocks		

INTELLECTUAL SKILLS	SCORE	COMMENTS
Can follow basic 5 step orders		
Can follow multiple left and right commands		
Can remember names of basic strikes, blocks and kicks		

EMOTIONAL SKILLS	SCORE	COMMENTS
Displays a strong desire to perform well		
Seeks adult's approval		
Shows little ego		

SOCIAL SKILLS	SCORE	COMMENTS
Understands others feelings		
Shows eagerness to work with others		
Shows good listening skills		

Final evaluation score: _____

Final comments:

Instructor: _____ Date: _____

Initial Evaluation Planner for 10 to 14-year olds

Student name: _____ Age: _____

Part 1: Physical skills

1. Have the student do 9 push-ups (small pad under chest).
2. Have the student hold one leg up for 9 seconds.
3. Run the student through a few of the following: punch, knife hand strike, front kick, round kick, side kick, high block, middle block and low block. Also show front, back, and middle stances.

Comments:

Part 2: Intellectual skills

1. Run the student through 3 different 3 to 5 move combinations.
2. Perform a technique and ask the student if it is a: strike, kick, block, or stance.
3. Give the student 3 different 2-move commands, but verbally only. For example, give a verbal 2-move command (left punch; right high block), but do not demonstrate the moves, and ask the student to perform the correct move with the correct hand.

Comments:

Part 3: Emotional skills

1. Ask the child about his or her likes and dislikes.
2. Evaluate whether the child has fear to learn or not.
3. During the evaluation, evaluate how many emotions the child shows.

Comments:

Part 4: Social skills

1. During the evaluation, look for the child to show respect to you and his or her parents.
2. Look for the child to show responsibility. For example: ask the child to place his or her shoes in the shoe rack, and see whether they are neatly placed or thrown down.
3. Engage in casual conversation with the child to determine how outgoing the child is. For example, ask the child about music, school, other hobbies, sports, etc.

Comments:

Pre-qualification chart for 9 to 12-year olds

Student name: _____ Age: _____

PHYSICAL SKILLS	SCORE	COMMENTS
Push-ups (9)		
Holding leg up for 9 seconds		
Basic strikes, kicks, blocks, and stances		

INTELLECTUAL SKILLS	SCORE	COMMENTS
Can perform 3-move combinations		
Recognizes the difference between a strike, kick, block, and stance		
Can perform techniques with verbal commands only		

EMOTIONAL SKILLS	SCORE	COMMENTS
Has preferences on likes and dislikes		
Displays little or no fear to learn		
Displays various emotions		

SOCIAL SKILLS	SCORE	COMMENTS
Shows respect to adults		
Is responsible		
Is outgoing		

Final evaluation score: _____

Final comments:

Instructor: _____ Date: _____