Movement Assessment in Practice (MAP): Victorian FMS Manual, Get Skilled Get Active, & Rock to Stand Scorecards

This video shows you how to use the Victorian FMS Manual, Get Skilled Get Active, and Rock to Stand Scorecards.

Firstly, input your class list into the name column. You can copy and paste from an existing document or simply type it in.

Next, watch each student perform the assessment as per the procedural instructions that you can find at the top of the spreadsheet. When you observe the student performing a skill criterion, place a score of one in the corresponding column. You also have the option to add in a comment at the end. The total score for the skill is automatically calculated and will appear in the summary graph at the top right.

Scroll to the bottom to find the normative values for the student's age.

Click on the corresponding norm for each student. For example, if the student is eight years old, and they received a score of five, they are achieving for their age. Therefore, select the norm Achieving in the norm column, and it will automatically be added to the summary graph on the bottom right.

Finally, some key features to highlight. Each skill appears on a separate tab at the bottom of the spreadsheet. You may need to scroll across to find the skill you are assessing. Each skill criterion has an intended age by which it should be achieved. This is shown under each skill. A basic rubric for each skill is on a separate tab for compatibility with other apps and formats.

And finally, it is important to use these documents in a diagnostic or formative practice. Use the summary graphs and the data to target your teaching and provide feedback where it is needed.

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