Movement Assessment in Practice (MAP): Athletic Skills Track Scorecard

This video shows you how to use the Athletic Skills Track or AST scorecard.

Firstly, make sure you have the correct athletic skills track for the age of your students and import your class list into the name column. You can copy and paste from an existing document or simply type them in. Then type the age of each student in the age column. This is important to determine the automatic motor quotient score.

Next, watch and time each student as they perform the assessment as per the procedural instructions. Input their time in seconds into the time column. The score should automatically appear. The motor quotient score compares the student's score to the 50th percentile for their age. Refer to the appropriate graph for the age of the students. For example, if the student is five years old, refer to the motor quotient score for the five-year-olds and ignore the other graphs. This will automatically provide the norm for their age.

Finally, some key features to highlight. Each version of the athletic skills track is on a separate tab at the bottom of the spreadsheet. Ensure you use the correct track for your students. Boys and girls have different normative values and are separated in the tables. It is important to use these documents in a diagnostic or formative practice. Use the summary graphs and the data to target teaching and provide feedback where it is needed**.**

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