

**Recreation & Leisure
Integrated Skills Inventory
Sub Area: Indoor Recreation**

Skills	Rating						
	Emerging		Developing			Mastery	
	1	2	3	4	5	6	7
Weight Training							
Lifting—Dumbbell							
Sits down or lays back supine on bench or chair							
Grasps a dumbbell or bar with hands							
Grasps a triangle bar for pull downs							
Performs 5 pull-downs at 10# with either hand							
Perform 3 sets of 10 repetitions pull-downs at 10# with either hand							
Lifts a 2# dumbbell over head at least 5 times							
Lifts a 5# dumbbell over head at least 5 times							
Lifts a 10# dumbbell or more over head at least 3 sets of 10 repetitions							
Weight Lifting—Arm Curls							
Performs an arm curl with 2# at least 5 times							
Performs an arm curl with 5# at least 5 times							
Performs an arm curl with 10# or more at least 3 sets of 10 repetitions							
Weight Lifting—Leg Extensions / Curls / Press							
Sits down and performs 5 leg extensions at 10#							
Sits down and performs 5 leg extensions at 20#							
Sits down and performs 3 sets of 10 repetitions leg extensions at 30# or more							
Sits down and performs 5 leg curls at 10#							
Sits down and performs 5 leg curls at 20#							
Sits down and performs 3 sets of 10 repetitions leg curls at 30# or more							
Sits down and performs 5 leg presses at 20#							
Sits down and performs 5 leg presses at 40#							
Sits down and performs 3 sets of 10 repetitions leg presses at 80# or more							
Weight Lifting—Bench Press							
Lays on bench and performs 5 bench presses at 20#							
Lays on bench and performs 5 bench presses at 40#							
Lays on bench and performs 3 sets of 10 repetitions bench presses at 50#							

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Pool/Billiards							
Holds the cue stick with 1 hand							
Holds the cue stick and use a bridge to hit the cue ball							
Holds the cue stick with 2 hands							
Holds the cue stick with one hand and form a guide with other hand for the end of the cue tip to slide across							
Moves the cue back and forth in a linear plane with both hands or using a bridge							
Reach most places on the table using # 5 form							
Strikes cue ball with the cue stick accurately for 2 trials							
Strikes cue ball with the cue stick accurately for 5 trials							
Strikes cue ball with cue stick accurately for 10 trials in a row							
Strikes cue ball with the cue stick and hit another target ball accurately for 2 trials							
Strikes cue ball with the cue stick and hits another target ball accurately for 5 trials							
Strikes cue ball with the cue stick and hits another target ball accurately for 10 trials							
Strikes cue ball with the cue stick and hitting another target ball knocking the target ball into a side pocket for 2 trials							
Strikes cue ball with the cue stick and hitting another target ball knocking the target ball into a side pocket for 5 trials							
Strikes cue ball with the cue stick and hitting another target ball knocking the target ball into a side pocket for 10 trials							
Strike cue ball with the cue stick and hitting another target ball knocking the target ball into a corner pocket for 2 trials							
Strikes cue ball with the cue stick and hitting another target ball knocking the target ball into a corner pocket for 5 trials							
Strikes cue ball with cue stick and hitting another target ball knocking the target ball into a corner pocket for 10 trials							
Takes turns with another student							
Identify all the 16 balls							
Identifies the difference between the stripe and solid balls							
Plays a game taking turns and hitting the ball of their choice in any pocket							
Plays a game of 8-ball taking turns and hitting the appropriate balls in any pocket							
Plays a game of 8-ball taking turns and hitting the appropriate balls in a called pocket (no slop)							
Plays a game of 9-ball taking turns and hitting the appropriate balls in any pocket							

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Pool / Billiards cont.							
Plays a game of rotation taking turns and hitting the appropriate balls in any pocket							
Plays a game of pool as a team taking turns and hitting the appropriate balls in any game							
Chalks the cue when needed							
Displays good sportsmanship at all times							
Ping Pong							
Requests to play Ping Pong							
Chooses a partner							
Gathers necessary equipment							
Picks up paddle, using correct end							
Uses correct grip on paddle							
Uses forehand stroke correctly							
Uses backhand stroke correctly							
Strikes slow moving ball							
Strikes fast moving ball							
Returns slow moving ball to opposite side of table							
Returns fast moving ball to opposite side of table							
Moves toward a moving ball							
Attempts to strike at moving ball							
Strikes ball which bounces 2-3 times per table side							
Strikes ball which bounces 1 time per table side							
Attempts to change between forehand and backhand in appropriate manner							
Serves ball to opposite side of table according to rules							
Keeps the ball in play until it is considered out-of-play according to rules							
Follows rules and regulations							
Demonstrates good sportsman's ship							
Puts equipment away							

