

DEVELOPMENTAL COORDINATION DISORDER CHECKLIST

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Name of child or adolescent

Age

Each item should be checked off using the following rating scale

- 0 Not at all, never occurs, does not apply
- 1 Mild, sometimes observed, applies to some extent
- 2 Moderate, often observed, certainly applies
- 3 Severe, frequently observed, strongly applies

Delay in physical development

Delayed physical milestones such as sitting, crawling, walking.....0 1 2 3

Delay in self-care skills

Late in learning to dress/undress0 1 2 3
Has trouble with buttons, buckles, laces0 1 2 3
Struggles to get arms in sleeves or legs into trousers0 1 2 3
Gets clothes inside out or the wrong way around.....0 1 2 3
Slow to learn to use a knife and fork0 1 2 3
Messy eater or drinker compared with others of the same age.....0 1 2 3

Gross motor difficulties

Difficulty in mastering physical skills such as skipping or dancing.....0 1 2 3
Poor at imitating someone else's movements.....0 1 2 3
Clumsy or accident prone0 1 2 3
Looks awkward when running0 1 2 3
Poor coordination in activities such as catching or hitting a ball.....0 1 2 3
Awkward when climbing equipment0 1 2 3

Poor muscle tone

Difficulties in holding own weight on climbing bars0 1 2 3
Slouches at the table; finds it hard to sit up straight0 1 2 3
Sprawls on school desk when working.....0 1 2 3
Poor posture when walking0 1 2 3
Difficulties sitting still on the floor, moves around, shifts position0 1 2 3
Tires easily when required to exert physical effort.....0 1 2 3



Poor balance

Poor at balancing when, for example walking along a wall or beam	0	1	2	3
Difficulties hopping or balancing on one leg	0	1	2	3
Loses balance and falls over easily	0	1	2	3
Slow to learn to ride a bike	0	1	2	3
Finds it hard to carry liquid without spilling.....	0	1	2	3

Poor fine motor coordination

Difficulties using scissors.....	0	1	2	3
Fumbles with small items such as Lego pieces	0	1	2	3
Drops things.....	0	1	2	3
Accidentally breaks things	0	1	2	3
Has an abnormal pencil grip; often changes grip	0	1	2	3
Presses too hard when writing	0	1	2	3
Forms letters incorrectly; jerky	0	1	2	3
Writing is messy	0	1	2	3
Difficulties sustaining neat writing; hand gets tired quickly	0	1	2	3
Drawing skills immature	0	1	2	3
Messy bookwork; starts in the wrong place; has poor spacing.....	0	1	2	3
Slow and/or inaccurate copying	0	1	2	3

Positive characteristics and strengths (describe at least 3)

Important notes

This checklist can be used to help diagnose and assess Developmental Coordination Disorder. However, several conditions have similar characteristics and there may a range of explanations for the observations made. Specialist assessment is necessary for a formal diagnosis.

- Supporting notes on Developmental Coordination Disorder (pages 90–4)
- Guides for discussions with colleagues, parents and students (pages 184–8)

