Activity Analysis Datasheet: Shoe tying



Student: _____ Target Skill: _Tying Shoes__

Verbal Direction: _"Tie your shoe"_____

On each training date, record the level of independence for each step using the following key:

I	Independent, Correct	V	Verbally Prompted
M	Modeled, Gesture	P	Physically Prompted

Step	Description of Step	Date:	Date:	Date:	Date:	Date:	Date:
1.	Places each laces out to the sides of the shoe						
2.	Grasps a lace in each hand						
3.	Lifts the laces above the shoe						
4.	Crosses the right lace over the left one to form a tepee						
5.	Brings the left lace toward the student						
6.	Pulls the left lace through the tepee						
7.	Grabs lace in each hand and pulls them away from one another to tighten						
8.	Folds the left lace on itself to form a loop						
9.	Pinches the loop with the left hand & maintains this grasp						
10.	Brings the right lace over the fingers and around the loop						
11.	Pushes the right lace partially through the hole to create second loop						
12.	Pulls the 2nd loop through the window						
13.	Pulls hands holding laces away from one another to tighten						

Dr. Aditi the OT

Adapted from Austin, K. M. (2011). Task analysis supplement. Richmond, VA: Virginia National Professional Development Center on Autism Spectrum Disorders Summer Institute.

Treatment plan: Shoe-Tying skills

Dr. Aditi the OT

© 2022 Mehra

Student : **Date:** **Therapist:**

OT Goal: _____

Check all the foundational skills the student has MASTERED, from the list below...

Component skills + *Fluency aims*

- ☐ **Visual attention point & touch -** *200/ min*
- ☐ **Following 1-2 step directions -** *40/min*
- ☐ **Bilateral Grasp/ release -** *20/min*
- ☐ **Pincer grasp -** *20/min*
- ☐ **Sequencing skills**- 40/ min
- ☐ **Visual spatial concepts:** *- 40/min*
- ☐ **Grip strength-** *40/min*
- ☐ **Ties shoe laces independently -***10/ min*
  - *Makes an X or tepee by crossing laces*
  - *Pushes the top lace over & through the tepee.*
  - *Pulls laces away from each other tightly*
  - *Makes a loop and holds it*
  - *Wraps lace around the loop*
  - *Pulls lace through window to create 2nd loop*
  - *Pulls loops away from each other*

Motor skills + *Fluency aims*

- ☐ **Trunk flexion/ extension** - *50/min*
- ☐ **Neck Flexion/ Extension** - *50/min*
- ☐ **Bilateral coordination** - 60/ min
- ☐ **Digital extension/ flexion** - *60/ min*
- ☐ **Elbow extension/flexion** - *60 / min*
- ☐ **Shoulder flexion/abduction** - *60/min*
- ☐ **Wrist in flexion/ extension**- *60/ min*
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Select a missing skill
& write a fluency benchmark goal:

.....

.....

.....

.....

.....