

## Physical Development

### Fundamental Movement Skills

#### 1.0 Balance

| <i>At around 48 months of age</i>   | <i>At around 60 months of age</i>   |
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| 1.1 Maintain balance while holding still; sometimes may need assistance.  | 1.1 Show increasing balance and control when holding still.   |
| 1.2 Maintain balance while in motion when moving from one position to another or when changing directions, though balance may not be completely stable. | 1.2 Show increasing balance control while moving in different directions and when transitioning from one movement or position to another. |

#### 2.0 Locomotor Skills

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| 2.1 Walk with balance, not always stable, oppositional arm movements still developing, and relatively wide base of support (space between feet). | 2.1 Walk with balance, oppositional arm movements, and relatively narrow base of support (space between feet).                                 |
| 2.2 Run with short stride length and feet off the ground for a short period of time. May show inconsistent opposition of arms and legs.          | 2.2 Run with a longer stride length and each foot off the ground for a greater length of time. Opposition of arms and legs is more consistent. |
| 2.3 Jump for height (up or down) and for distance with beginning competence.   | 2.3 Jump for height (up or down) and for distance with increasing competence. Uses arm swing to aid forward jump.                              |
| 2.4 Begin to demonstrate a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.  | 2.4 Demonstrate increasing ability and body coordination in a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.   |

### 3.0 Manipulative Skills

| <i>At around 48 months of age</i>  | <i>At around 60 months of age</i>   |
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| 3.1 Begin to show gross motor manipulative skills by using arms, hands, and feet, such as rolling a ball underhand, tossing underhand, bouncing, catching, striking, throwing overhand, and kicking. | 3.1 Show gross motor manipulative skills by using arms, hands, and feet with increased coordination, such as rolling a ball underhand, tossing underhand, bouncing, catching, striking, throwing overhand, and kicking. |
| 3.2 Begin to show fine motor manipulative skills using hands and arms such as in-hand manipulation, writing, cutting, and dressing.  | 3.2 Show increasing fine motor manipulative skills using hands and arms such as in-hand manipulation, writing, cutting, and dressing.   |

## Perceptual-Motor Skills and Movement Concepts

### 1.0 Body Awareness

| <i>At around 48 months of age</i>                     | <i>At around 60 months of age</i>                                |
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| 1.1 Demonstrate knowledge of the names of body parts. | 1.1 Demonstrate knowledge of an increasing number of body parts. |

### 2.0 Spatial Awareness

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| 2.1 Use own body as reference point when locating or relating to other people or objects in space. | 2.1 Use own body, general space, and other people's space when locating or relating to other people or objects in space. |
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### 3.0 Directional Awareness

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| 3.1 Distinguish movements that are up and down and to the side of the body (for example, understands "use that side, now the other side"). | 3.1 Begin to understand and distinguish between the sides of the body.  |
| 3.2 Move forward and backward or up and down easily.   | 3.2 Can change directions quickly and accurately.   |
| 3.3 Can place an object on top of or under something with some accuracy.   | 3.3 Can place an object or own body in front of, to the side, or behind something else with greater accuracy. |
| 3.4 Use any two body parts together.   | 3.4 Demonstrate more precision and efficiency during two-handed fine motor activities.                        |

## Active Physical Play

### 1.0 Active Participation

| <i>At around 48 months of age</i>  | <i>At around 60 months of age</i>   |
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| 1.1 Initiate or engage in simple physical activities for a short to moderate period of time. | 1.1 Initiate more complex physical activities for a sustained period of time. |

### 2.0 Cardiovascular Endurance

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| 2.1 Engage in frequent bursts of active play that involves the heart, the lungs, and the vascular system. | 2.1 Engage in sustained active play of increasing intensity that involves the heart, the lungs, and the vascular system. |
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### 3.0 Muscular Strength, Muscular Endurance, and Flexibility

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| 3.1 Engage in active play activities that enhance leg and arm strength, muscular endurance, and flexibility. | 3.1 Engage in increasing amounts of active play activities that enhance leg and arm strength, muscular endurance, and flexibility. |
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