

Area 1

Physical Movement

As a child grows physically, both large and small muscles gradually become stronger and more coordinated. Gains in speed, accuracy, and steadiness of movement are made as a child moves in the world and learns about the position of the body in space. Physical growth lays the foundation for all the other areas of development.

Large Motor Skills

Large motor skills are typically acquired before small motor skills. Large muscles are used when a child walks, runs, kicks, hops, throws, catches, jumps, climbs, pulls, pushes, balances, and carries. When a child is ready to develop these skills, he/she needs lots of indoor and outdoor space for practice.

Small Motor Skills

Small muscles are in the hands and wrists. Coordination of these muscles are used to point, grasp, hold, stack, build, cut, draw, paint, paste, and write. A child uses a wide variety of materials to develop small muscle skills and eye-hand coordination.

Suggested Items

Toys

- balls (large) (small-tennis ball)
- picture storybook
- wind-up toys, jars with 3-inch lids, knobs
- play dough
- puzzles
- blocks
- plastic rings
- 2-inch and 6-inch objects

Playground Equipment

- 4-ft. slide
- jungle gym
- swing
- jump rope
- bicycle
- tricycle

Art Supplies

- crayons
- paper
- scissors
- glue
- magazine page
- shoelace
- pencil
- 1-inch beads/dry pasta

Other Objects

- food to unwrap (candy, banana, etc.)
- set of stairs
- medium size container
- colored objects or pictures (7-8 different colors)
- textured objects - hard/soft, smooth/rough
- different size objects
- board game
- different shaped objects

Similar items may be substituted.

Physical Movement

Large Motor Skills - Age Norms

Throws a . . .

- 2.6 large ball 4-5 feet.
- 2.9 large ball 5-7 feet.
- 4.0 small ball (tennis ball) about 10 feet.
- 4.9 ball into medium size container. (example: trash can)
- 5.0 small ball (tennis ball) about 20 feet.

Balances on one leg without help for. . .

- 2.9 two seconds.
- 3.0 five seconds.
- 4.6 ten seconds.

Kicks a large ball forward. . .

- 2.9 rolling ball.
- 4.6 stationary ball while child is running.

Walks alone on the stairs. . .

- 2.9 with both feet on each step, up and down the stairs.
- 3.0 upstairs holding rail, 1 foot per step, alternating feet.
- 3.0 downstairs holding rail, 1 foot per step, alternating feet.

Climbs up playground equipment without help. . .

- 2.9 small ladders, jungle gym, and 4 ft slide.

Walks/Balances on tiptoes. . .

- 3.0 walks on tiptoes for 3 steps.
- 3.9 walks on tiptoes for 5 steps.
- 4.3 balances on tiptoes for 3 seconds.

Jumps...

- 3.0 over 2-inch high objects.
- 3.0 back 1 time.
- 4.0 over 6-inch high objects.
- 4.0 forward 10 times.
- 5.6 rope 2-3 times.

Walks heel-to-toe in a straight line...

- 3.0 3 steps forward.
- 4.0 more than 3 steps forward.

Physical Movement

Large Motor Skills - continued

Catches thrown ball. . .

- 3.0 a large, bounced ball with hands, arms, and body.
- 3.0 a large ball with arms and body.
- 4.9 a bounced ball two times and catches it 1 out of 3 trials.
- 4.9 a large ball with both hands only.
- 5.0 a tennis ball with hands only.

Rides a. . .

- 3.0 tricycle using pedals.
- 5.0 bicycle with pedals and training wheels.

Hops on preferred foot without falling for. . .

- 3.6 2 hops.
- 4.3 3-6 hops.
- 4.6 10 hops.

Jumps forward without a running start. . .

- 3.0 6-8 inches.
- 4.6 10-15 inches.
- 5.0 24 inches.

Walks on straight line for. . .

- 3.6 10 feet.

Performs physical activities. . .

- 4.0 somersaults forward without help

Swings. . .

- 4.6 by himself/herself, with pumping.

Jumps and runs. . .

- 5.9 in rhythm to simple tunes.

Physical Movement

Small Motor Skills - Age Norms

Uses fingers to . . .

- 2.6 unwrap food: candy wrappers, banana.
- 2.6 point with index finger.
- 2.9 stack plastic rings in correct order by size.
- 3.0 turn pages of picture storybook, one by one.
- 3.0 screw and unscrew a 3" lid, wind up toys, turn knobs.

Copies large, simple shapes. . .

- 2.6 vertical line
- 3.0 horizontal line
- 3.9 cross (+); circle
- 4.6 square with distinct corners
- 5.0 X
- 5.0 rectangle, triangle
- 5.3 diamond

Colors. . .

- 2.6 uses large crayons to scribble
- 2.9 holds crayon with thumb and fingers (not fist)
- 4.6 within lines.

Stacks blocks into tower. . .

- 3.9 6-8 blocks
- 3.0 9-10 blocks
- 4.0 11 blocks or more

Builds structures given a model. . .

- 2.9 3 block train, 3 block bridge
- 3.0 pen for animals
- 4.6 5 block bridge
- 6.0 6 block pyramid, house, and complex structures

Cuts paper with scissors. . .

- 3.0 makes small cuts in paper
- 3.6 cuts across small paper, cutting in two pieces
- 4.0 follows thick straight line
- 4.6 follows thick curved line
- 6.0 picture (people, animals) from magazines

Puts puzzles together without help. . .

- 3.0 3-4 pieces
- 3.9 5-7 pieces
- 4.6 8-11 pieces

Manipulates play dough. . .

- 3.0 into ball or flat, round pancakes.
- 4.0 rolls into rope.

Strings. . .

- 3.0 large 1-inch beads or 1-inch dry pasta using shoelace.

Traces over letters. . .

- 3.0 with crayons.
- 4.6 with pencil: simple capital letters H, T, L, V.

Folds paper after watching model. . .

- 3.6 in half, horizontally.
- 4.0 in half, diagonally.

Touches. . .

- 3.6 each finger of one hand to thumb of same hand.

Draws. . .

- 4.0 and names own pictures (not recognizable).
- 4.6 and names own pictures (recognizable).
- 4.9 connects two objects with line on same page

Pastes. . .

- 4.6 2 pieces of paper together.

Prints. . .

- 4.6 copies first name given a model.
- 5.9 first and last name or 2 words, but not very clearly.
- 6.0 all 26 letters of the alphabet with or without model.

Ties. . .

- 5.6 small knots in shoelaces.