

## 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

### Throws a...

- large ball 4-5 feet.
- large ball 5-7 feet.
- small ball (tennis ball) about 10 feet.
- ball into medium size container.
- small ball (tennis ball) about 20 feet.

### Balances on one leg without help for...

- 2 seconds.
- 5 seconds.
- 10 seconds.

### Kicks a large ball forward...

- rolling ball
- stationary ball while child is running

### Walks alone on the stairs...

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

### Climbs up playground equipment without help...

- on small ladders, jungle gym, or 4 ft. slide.

### Walks/Balances on tiptoes...

- walks on tiptoes for 3 steps
- walks on tiptoes for 5 steps
- balances on tiptoes for 3 seconds

### Jumps...

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

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

- 3 steps forward.
- more than 3 steps forward.

### Catches a thrown ball...

- a large bounced ball with hands, arms, and body
- a large ball with arms and body
- a bounced ball two times, 1 out of 3 trials
- a large ball with hands only
- a tennis ball with hands only

### Rides a...

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

### Hops on preferred foot without falling for...

- 2 hops.
- 3-6 hops.
- 10 hops.

### Jumps forward without a running start for...

- 6-8 inches.
- 10-15 inches.
- 24 inches.

### Walks on straight line for...

- 10 feet.

### Performs physical activities...

- somersaults forward without help

### Swings...

- by him/herself, with pumping.

### Jumps and runs...

- in rhythm to simple tunes.

Large Motor Skills Total:

41

Circle this number on the *Developmental Chart - Physical Movement*. (p. 32)

# Physical Movement

## Small Motor Skills

### Uses fingers to...

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

### Copies large, simple shapes...

- vertical line
- horizontal line
- cross (+); circle
- square with distinct corners
- X
- rectangle, triangle
- diamond

### Colors...

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

### Stacks blocks into tower...

- 6-8 blocks
- 9-10 blocks
- 11 blocks or more

### Builds structures given a model...

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

### Cuts paper with scissors...

- makes small cuts in paper
- cuts across small paper, cutting in two pieces
- follows thick straight line
- follows thick curved line
- pictures (people, animals) from magazines

### Puts puzzles together without help...

- 3-4 pieces
- 5-7 pieces
- 8-11 pieces

### Manipulates play dough...

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

### Strings...

- large 1" beads or dry pasta using shoelaces.

### Traces over letters...

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

### Folds paper after watching model...

- in half, horizontally.
- in half, diagonally.

### Touches...

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

### Draws...

- and names own picture (not recognizable).
- and names own picture (recognizable).
- connects two objects with line on same page

### Pastes...

- 2 pieces of paper together.

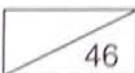
### Prints...

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

### Ties...

- small knots in shoelaces.

Small Motor Skills Total:



46

Circle this number on the *Developmental Chart - Physical Movement*. (p. 32)