PHYSICAL DEVELOPMENT

What to look for

Your child...

✔ Can cut with child-sized scissors
✔ Can run at a comfortable speed in intended direction
✔ Can hop several times on each foot
✔ Can throw a ball or beanbag in intended direction
✔ Can catch a large ball or beanbag
✔ Can jump over a low object, such as a line, string, or balance beam
✔ Can bounce a large ball several times
✔ Can kick a stationary ball
✔ Can walk along a line or a low balance beam
✔ Can pedal and steer a tricycle

To encourage your child’s physical development:

★ Collect safe toys and equipment to help your child develop large muscles. Some examples are hula hoops, bean bags, tricycle, large beach balls and a child-sized basketball hoop.

★ Give your child the space and freedom to use large muscles, both indoors and outdoors. You can set up empty water bottles like bowling pins, and let your child use a soft ball to “bowl.” Invite your child to toss rolled up socks into a basket or a masking tape circle on the floor.

★ Join your child in active play. You can play catch with your child, or set up a simple obstacle course.

★ Give your child opportunities to cut with scissors while you watch. Your child can cut pictures from magazines or shapes for a matching game.