

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH

SUB-DOMAIN: PHYSICAL WELL-BEING

PHYSICAL FITNESS

GOAL 21: CHILDREN ENGAGE IN A VARIETY OF PHYSICAL ACTIVITIES.

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
16 to 38 Months	Engage in a variety of sequenced movements with increased balance.	<ul style="list-style-type: none"> ▪ Attempts new activities that require familiar and unfamiliar physical movement, with or without adult assistance. ▪ Participates actively in simple games, dance, and movement activities (e.g. catches and kicks a ball, plays chase). ▪ Uses tools to obtain a result. 	<ul style="list-style-type: none"> ▪ Talk with child about the positive effects of exercise. ▪ Model enthusiasm for a child's efforts and use words to describe physical activities. ▪ Watch for children's cues about when they are ready to attempt a new skill. Provide support as the child attempts an activity that is challenging, rather than forcing a child to try a new skill. ▪ Play a variety of active games with the child (e.g. simple and safe obstacle course or running with scarves as parachute play). ▪ Plan time and activities both indoors and outside, daily. ▪ Limit child's screen time (watching TV and videos, playing computer games) to no more than 2 hours of quality programming each day, including home and child care settings. ▪ Move to music or sing songs with the child that involves a variety of active physical play (e.g. finger plays, hand motions, crawling, marching, jumping, dancing, leaping, and mimicking movements such as swimming or rowing a boat).