

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH**SUB-DOMAIN: MOTOR DEVELOPMENT****GROSS MOTOR SKILLS: BALANCE, MOVEMENT, AND COORDINATION****GOAL 17: CHILDREN DEMONSTRATE STRENGTH AND COORDINATION OF LARGE MOTOR MUSCLES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
36 to 60 Months	Coordinate whole body to move in complex ways with strength, agility, and balance.	<ul style="list-style-type: none"> ▪ Walks and runs following circular paths (around obstacles and corners). ▪ Runs, pivots to change direction, and stops as appropriate. ▪ Crawls through a play tunnel or under tables. ▪ Climbs on play equipment. ▪ Throws large beanbags or ball with some accuracy. ▪ Catches large balls with two hands. ▪ Kicks ball forward. ▪ Balances on one foot; hops forward on two feet, then on one foot. ▪ Jumps on two feet and jumps over small objects with balance and control. ▪ Jumps from a height. ▪ Jumps for distance. ▪ Gallops. ▪ Pedals consistently when riding a tricycle. ▪ Starts and stops a tricycle intentionally. ▪ Walks up and down stairs using alternating feet. 	<ul style="list-style-type: none"> ▪ Provide safe equipment and environments that vary in skill levels (tricycles, scooters, tires, hoops, balls, balance beam, climbing equipment). ▪ Teach child new skills (e.g. dance moves, bounce and kick ball activities, swimming, skiing, and tumbling). ▪ Provide activities in which only one side of the body is used at a time (hopping, standing on one foot). ▪ Provide opportunities for dance and other movement activities that use both sides of the body (bending, twisting, stretching, and balancing). ▪ Provide safe inside and outside environments that offer variation in elevation, so children can jump to and from a height and practice balancing. ▪ Play games where children meet imagined or real obstacles to go under, over, through, and up or down.