

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH**SUB-DOMAIN: PHYSICAL WELL-BEING****PHYSICAL FITNESS****GOAL 20: CHILDREN DEMONSTRATE STAMINA AND ENERGY TO PARTICIPATE IN DAILY ACTIVITIES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
36 to 60 Months	Engage in organized and spontaneous physical activity both indoors and outside.	<ul style="list-style-type: none"> ▪ Sleeps for 10-12 hours each day, including a nap. ▪ Repetitively practices new skills. ▪ Engages in unstructured active physical play on a daily basis (60 minutes each day). ▪ Pushes self on wheeled toys with agile steering. ▪ Engages in structured active physical play 30 minutes each day. 	<ul style="list-style-type: none"> ▪ Provide a variety of daily opportunities for the child to engage in noncompetitive physical activities. ▪ Provide at least 60 minutes of unstructured physical activities each day. ▪ Provide adult-led sustained active physical play in several short activity periods to total 30 minutes in a day (e.g. dance together, march together to the beat of a drum, throw balls to each other, and stretch and bend to music). ▪ Make physical activity interesting and challenging (set up a simple and safe obstacle course outside or inside where child climbs over, under, and through things). ▪ Rotate active physical play toys to match children's interests and growth/development, incorporate movement to music). ▪ Provide a balance between stimulating and restful activities.