

**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
<b>36 to 60 Months</b>	Engage in complex physical movements embedded in play activities.	<ul style="list-style-type: none"> <li>▪ Engages in large motor physical challenges (jumping from heights, climbing, and rough and tumble play).</li> <li>▪ Initiates structured and unstructured physical activities throughout the day.</li> <li>▪ Incorporates various physical activities while transitioning from one place to another (e.g. marches between the kitchen and the bathroom, dodges pretend objects walking down a hallway, or walks backwards into the bathroom).</li> <li>▪ Participates in simple cooperative games with peers.</li> <li>▪ Uses a variety of complex movements to help with physical chores (e.g. putting away toys, independently dressing, setting the table, and picking up toys).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Engage child in group exercise times/activities (e.g. bike rides, group activities using playground structures, group games such as exercising together to music, family walks).</li> <li>▪ Provide opportunity for child to try many types of physical activities (e.g. throwing and catching different types of balls, using a variety of playground equipment and outside environmental challenges, helping with physical chores, dancing in different styles and to different tempos and styles of movement).</li> <li>▪ Provide child the opportunity to play in a variety of physically challenging settings (e.g. a neighborhood park with outdoor play equipment, areas with steeper hills for running up and down, equipment for climbing up and over, and physically negotiating space for playing around and among other children).</li> </ul>