

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
6 to 18 Months	Advance from mostly stationary activities to becoming mobile and active.	<ul style="list-style-type: none"> ▪ Rolls, crawls, cruises furniture, walks, squats, and climbs. ▪ Refines movements that allow play in simple I play and simple games with other people. ▪ Tries new physical challenges such as pushing an unfamiliar wheel toy or going down a low slide. ▪ Sustains play with objects that require some hand, wrist, and arm control. ▪ Demonstrates ability to play with objects as wrist/forearm control improves. ▪ Smoothly moves from one position/action to another (sitting to crawling, standing to walking). 	<ul style="list-style-type: none"> ▪ Show enthusiasm and encouragement when child tries new motor activities. ▪ Share child's excitement about and enjoyment of physical activities. ▪ Encourage child to play both inside and outside, on a daily basis. ▪ Engage child in simple movement games (So Big, Pat-a-Cake, and Ring-Around-the-Rosie). ▪ Use words that describe the child's skills for actively playing (e.g. "You are rolling over and over." "You are walking all around the room." "You are a strong girl, who can pull yourself up on the chair.").