

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
60 Months through Kindergarten	Coordinate multiple movements with accuracy and purpose.	<ul style="list-style-type: none"> ▪ Runs with an even gait and with few falls. ▪ Hops on each foot separately, without support and with balance. ▪ Maintains balance while bending, twisting, or stretching. ▪ Walks up and down stairs while holding an object in one or both hands. ▪ Moves body into position to catch a ball; then throws the ball in the right direction. ▪ Kicks large ball to a given point, with some accuracy. ▪ Throws a medium-size ball, with some accuracy. ▪ Alternates weight and feet while galloping or using stairs. ▪ Moves to a rhythm (marching). ▪ Runs forward, backward, slides to the side, and pivots while changing direction without pausing. 	<ul style="list-style-type: none"> ▪ Provide opportunities for child to participate in activities that develops large muscles (gymnastics, soccer, dance, swimming, basketball, freeform play with balls, bicycle riding). ▪ Include child in simple physical chores (taking out trash, raking leaves, stacking chairs, wiping tables, washing trikes, carrying toys from storage to sand box). ▪ Offer inside and outside environments that include opportunities for climbing, jumping, throwing, catching, running, and using wheel toys. ▪ Offer opportunities to lift and carry toys and objects (e.g. big blocks, boxes, gardening utensils, buckets of sand, or a bag of toys).