

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
60 Months through Kindergarten	<p>Sustain strength for increased periods of time.</p> <p>Engage in a variety of physical activities that promote fitness and fundamental movement skills.</p>	<ul style="list-style-type: none"> ▪ Sleeps 10 hours per day. ▪ Runs 50 to 75 yards, without stopping. ▪ Engages in active physical play for at least 60 minutes per day which includes running, jumping, climbing, kicking, lifting, throwing/catching, wheel toys, and vigorous peer play. 	<ul style="list-style-type: none"> ▪ Schedule ample time for children to sustain active play. ▪ Provide equipment and space that encourage active physical play, such as hard surfaces for wheel toys, and separated spaces for sustained ball play, or running. ▪ Plan outdoor and indoor areas for active physical play, attending to changing weather situations (i.e. shady areas in hot summer sun, snow play areas and extra gloves and hats for outside winter play, space for sustained running opportunities for children to the child to engage in daily physical activities). ▪ Engage the child in activities that require physical exertion. ▪ Provide opportunities for the child to reach new physical goals (hopping on one foot repeatedly, jumping over small boxes). ▪ Encourage the child to reach and exceed personal goals rather than to compete with others.