

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
60 Months through Kindergarten	Engage independently and with peers in a wide variety of daily physical activities.	<ul style="list-style-type: none"> ▪ Participates regularly in physical activity (e.g. dance classes, and organized and informal sports). ▪ Helps with physical chores (raking leaves, sweeping the floor, carrying laundry, putting away toys). ▪ Participates in cooperative games with peers. ▪ Engages in independent physical play (e.g. hopscotch, riding a bicycle, swinging independently). 	<ul style="list-style-type: none"> ▪ Provide opportunities for child to play song games incorporating music, movement, and social interaction. ▪ Participate in regular physical activities with child (swimming, walking, skating, hiking, playing ball, drumming, skiing). ▪ Provide opportunities for child to participate in activities where the child can repetitively practice a new skill.