

IDAHO EARLY LEARNING EGUIDELINES

GOAL 20: CHILDREN DEMONSTRATE STAMINA AND ENERGY TO PARTICIPATE IN DAILY ACTIVITIES.

Domain 2: Motor Development, Physical Well-Being, and Health

Sub-Domain: Physical Well-Being

[Birth through 8 Months](#)

[6 to 18 Months](#)

[16 to 38 Months](#)

[36 to 60 Months](#)

[60 Months through Kindergarten](#)

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
Birth through 8 Months	Develop nerves and muscles to sustain movement.	<ul style="list-style-type: none"> ▪ Shows an increasing length of time in an alert state. ▪ Regulates to predictable sleep-wake cycles. ▪ Moves from requiring complete head and trunk support to supported sitting and rolling. ▪ Controls head and trunk movements from tummy or back. ▪ Demonstrates a persistent reach to obtain an object. ▪ Shows normal reflex progression. 	<ul style="list-style-type: none"> ▪ Regularly place young infant with tummy on the floor to strengthen muscles. ▪ Stimulate child with sound and facial expression to solicit motor responses. Pay attention to the infant's cues of interests and over-stimulation. ▪ Respond to child's reflexive and intentional movement by providing safe, supportive spaces and places. ▪ Sing songs such as "Wheels on the Bus" and "Row, Row, Row Your Boat," rhythmically moving the baby's arms or legs to the beat. ▪ Place non-choking objects within the child's vision and reach, encouraging the infant to reach toward the objects.

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Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
6 to 18 Months	Explore environment with purposeful movement.	<ul style="list-style-type: none"> ▪ Sustains longer wake periods. ▪ Practices walking, running, climbing, jumping, crawling, squatting, and rolling in challenging environments (e.g. inclines, stairs, and uneven surfaces). ▪ Alternates quiet and active movement. ▪ Indicates fatigue or desire for movement by seeking rest or un-restrained movement. ▪ Walks, runs, climbs, jumps in place, crawls, squats, and rolls with smooth transitional movements. ▪ Initiates and maintains active play and exploring and interacting with the environment. 	<ul style="list-style-type: none"> ▪ Watch for and respond to child’s cues that indicate the need for quiet or active time. ▪ Provide opportunities and a variety of toys to encourage movement and physical activity. ▪ Respond with words of encouragement and support for repeating the activity when the infant tries new motor activities. ▪ Model and comment on daily physical activities (e.g. “Sophie is climbing all the steps to the changing table.” “Jose is standing all by himself and holding on to the table.” “You are lifting that block.” “Look at Marci running.”). ▪ Use mealtimes to help build finger and hand stamina (e.g. put soft, squishy food on the child’s eating surface, cover the floor, and let the child explore the food). ▪ Provide child with routines for motor activity (e.g. toddler walks up stairs to changing table with adult assistance).

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Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
16 to 38 Months	Engage in new and familiar physical activities with and without adult prompting.	<ul style="list-style-type: none"> ▪ Sleeps for 10-14 hours including naps; awakening rested and ready for daily activities. ▪ Runs smoothly on even and uneven surfaces. ▪ Attempts to balance, and has increasing success balancing on low ledges and curbs. Combines motor actions in sustained play (e.g. playing on small slides, climbing on small structures, using wheel toys, carrying objects of varying sizes and shapes, throwing and catching, dancing, and marching). ▪ Carries, dumps, fills, pulls, pushes heavier objects. ▪ Stacks objects at increasing heights. 	<ul style="list-style-type: none"> ▪ Provide child with active play opportunity throughout each day including play on slides, climbing spaces, surfaces for wheel toys, and space for sustained running, as well as indoor tumbling mats and foam risers. ▪ Provide safe and inviting areas to encourage sustained movement and balance (i.e. slightly elevated inclines, low steps, and soft surfaces). ▪ Provide equipment, materials, and activities for structured active physical play, including child-sized balls and wheel toys, musical instruments, active follow-along songs, and active play rhythmic poems and stories. ▪ Provide daily quiet activities, rest periods, and nap times. ▪ Limit child's screen time (watching TV and videos, and sitting at a computer games) to no more than two hours of each in a 24-hour period, including that home and child care settings. ▪ Accompany the child on daily short walks, where the child is not in a stroller. ▪ Model physical activities by playing with the child rather than watching the child play.

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36 to 60 Months	Engage in organized and spontaneous physical activity both indoors and outside.	<ul style="list-style-type: none"> ▪ Sleeps for 10-12 hours each day, including a nap. ▪ Repetitively practices new skills. ▪ Engages in unstructured active physical play on a daily basis (60 minutes each day). ▪ Pushes self on wheeled toys with agile steering. ▪ Engages in structured active physical play 30 minutes each day. 	<ul style="list-style-type: none"> ▪ Provide a variety of daily opportunities for the child to engage in noncompetitive physical activities. ▪ Provide at least 60 minutes of unstructured physical activities each day. ▪ Provide adult-led sustained active physical play in several short activity periods to total 30 minutes in a day (e.g. dance together, march together to the beat of a drum, throw balls to each other, and stretch and bend to music). ▪ Make physical activity interesting and challenging (set up a simple and safe obstacle course outside or inside where child climbs over, under, and through things). ▪ Rotate active physical play toys to match children's interests and growth/development, incorporate movement to music). ▪ Provide a balance between stimulating and restful activities.

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<p>60 Months through Kindergarten</p>	<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.