

PHYSICAL DEVELOPMENT

What to look for

Your child...

- ✓ Can cut with child-sized scissors
- ✓ Can run at a comfortable speed in intended direction
- ✓ Can hop several times on each foot
- ✓ Can throw a ball or beanbag in intended direction
- ✓ Can catch a large ball or beanbag
- ✓ Can jump over a low object, such as a line, string, or balance beam
- ✓ Can bounce a large ball several times
- ✓ Can kick a stationary ball
- ✓ Can walk along a line or a low balance beam
- ✓ Can pedal and steer a tricycle

To encourage your child's physical development:

- ★ Collect safe toys and equipment to help your child develop large muscles. Some examples are hula hoops, bean bags, tricycle, large beach balls and a child-sized basketball hoop.
- ★ Give your child the space and freedom to use large muscles, both indoors and outdoors. You can set up empty water bottles like bowling pins, and let your child use a soft ball to "bowl." Invite your child to toss rolled up socks into a basket or a masking tape circle on the floor.
- ★ Join your child in active play. You can play catch with your child, or set up a simple obstacle course.
- ★ Give your child opportunities to cut with scissors while you watch. Your child can cut pictures from magazines or shapes for a matching game.

