

Physical Development (PD)

Perceptual-Motor Skills and Movement Concepts 1

1 Perceptual-Motor Skills and Movement Concepts 1

Child moves body and interacts with the environment, demonstrating increasing body awareness, spatial awareness, and directional awareness*

Responding

- E Responds to sensory information or input (e.g., visual, auditory, tactile) with basic movements of body parts **EARLIER**
- L Responds to sensory information by moving body or limbs to reach for or move toward people or objects **LATER**

Exploring

- E Uses sensory information to control body while exploring people, objects, or changes in the physical environment **EARLIER**
- L Adjusts posture and movements in response to the physical environment while moving from one place to another or trying to do a task **LATER**

Building

- E Demonstrates body awareness by coordinating some movements of body parts in response to the physical environment **EARLIER**
- M Adjusts, with adult support, various aspects of movement (e.g., spatial, directional) in relation to people and objects in familiar spaces **MIDDLE**
- L Adjusts, on own, aspects of movement in relation to people and objects in familiar spaces **LATER**

Integrating

- E Adjusts, on own, aspects of movement in unfamiliar spaces (e.g., during new activities, on different surfaces) **EARLIER**
- M Adjusts movement of body in time and space to meet the requirements of the activity **MIDDLE**
- L Adjusts various coordinated body movements in relation to others' coordinated body movements **LATER**

Gross Locomotor Movement Skills 2

2 Gross Locomotor Movement Skills 2

Child shows increasing proficiency in fundamental locomotor skills (e.g., rolling, crawling, cruising, walking, running, jumping, galloping)*

Responding

- E** Turns head, and moves arms and legs, moving in response to touch, sound, or movement nearby **EARLIER**
- L** Holds head and torso upright against gravity **LATER**

Exploring

- E** Coordinates movements of whole body to move into and out of positions, crawl, or scoot on bottom **EARLIER**
- M** Coordinates movements of whole body while upright, using support, to move from one place to another **MIDDLE**
- L** Coordinates movement of whole body while upright to move from one place to another **LATER**

Building

- E** Coordinates movement of the whole body to move off the ground momentarily **EARLIER**
- M** Shifts from one repeated locomotor movement to another locomotor movement **MIDDLE**
- L** Combines two or more locomotor movements that involve transitions, with some success **LATER**

Integrating

- E** Combines a variety of locomotor movements to move effectively across a range of activities **EARLIER**
- M** Combines a variety of locomotor movements with control, flexibility, speed, or rhythm **MIDDLE**
- L** Applies a variety of locomotor movements with manipulative and stability skills to organized games and dance activities **LATER**

Gross Motor Manipulative Skills 3

3 Gross Motor Manipulative Skills 3

Child shows increasing proficiency in gross motor manipulative skills (e.g., reaching, kicking, throwing, and catching)*

Responding

- E** Orients to nearby objects **EARLIER**
- L** Uses arms, legs, or body to move toward, reach for, or mouth objects or people **LATER**

Exploring

- E Uses arms, legs, or body to engage in simple, repeated actions on objects **EARLIER**
- E Manipulates objects differently based on their properties **EARLIER**
- M Uses arms, legs, or body to manipulate objects while maintaining stability in positions such as sitting, kneeling, or standing **MIDDLE**
- L Engages whole body in movements that involve back and forth activities, such as pushing and pulling, with limited stability **LATER**

Building

- E Manipulates objects using arms, legs, or body, with stability but limited coordination **EARLIER**
- M Uses two or more movements sequentially to manipulate objects, sometimes pausing briefly between movements or with limited accuracy **MIDDLE**
- L Uses arms, legs, or body to manipulate objects, with connected sequential or simultaneous movements **LATER**

Integrating

- E Applies a variety of manipulative skills, in combination with locomotor skills, to control and use objects for specific play activities or tasks **EARLIER**
- M Combines a variety of manipulative skills with locomotor and stability skills in a variety of play activities or tasks with control, flexibility, speed, or rhythm **MIDDLE**
- L Applies a variety of manipulative skills with locomotor and stability skills to organized games and dance activities **LATER**

Fine Motor Manipulative Skills

Child demonstrates increasing precision, strength, coordination, and efficiency when using muscles of the hand for play and functional tasks

Fine Motor Manipulative Skills

Responding

- E Moves arms and hands **EARLIER**
- L Uses arms or hands to make contact with objects in the environment **LATER**

Exploring

- E Grasps objects with hand **EARLIER**
- M Grasps objects with fingers and thumb **MIDDLE**
- L Explores ways to use one hand, or to use both hands doing the same movements, to manipulate objects **LATER**

Building

- E** Acts on objects with one hand, while stabilizing the objects with the other hand or with another part of body **EARLIER**
- M** Acts on objects with both hands working together to coordinate different movements **MIDDLE**
- L** Manipulates objects with accuracy and coordination **LATER**

Integrating

- E** Performs, with efficiency, a variety of tasks that require precise manipulation of small objects **EARLIER**
- M** Performs a variety of tasks with sequential steps that require precise and coordinated use of both hands to manipulate or reposition small objects **MIDDLE**
- L** Performs a variety of tasks with sequential steps that require the precision of one hand while manipulating or repositioning small objects in that hand **LATER**