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 Mc

2 Gross Locomotor Movement Skills 2

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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 uprightto move from one place to another LATER

Building

E Coordinates movement of the whole body to move offthe 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 ofactivities 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

F Manipulates objects differently based on their properties EARLIER

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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	**Fine Motor Manipulative Skills**
Child demonstrates increasing precision, strength, coordination, and efficiency when using muscles of the hand for play and functional tasks	**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
	Performs, with efficiency, a variety of tasks that require precise manipulation of small objects EARLIER

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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 oftasks with sequential steps that require the precision of one hand while manipulating or repositioning small objects in that hand LATER