

Area 2: Physical Well-being and Motor Development

Participates in practices that promote health, safety and nutrition 2.1

Birth-12 months

- A Responds to care and play routines 2.1.A
- B Establishes healthy eating and sleeping patterns with the assistance of an adult 2.1.B
- C Consumes breastmilk or formula, progressing to solid foods and drinking from a cup 2.1.C
- D Shows a willingness to try new foods and engages in food exploration 2.1.D

Approximately 12-24 months

- E Participates in healthy selfcare routines, with adult support 2.1.E
- F Demonstrates a balance of rest and physical activity with adult support 2.1.F
- G Advances self-feeding skills by exploring and practicing with eating and drinking utensils 2.1.G
- H Participates in safe behaviors in the environment with adult support 2.1.H

Approximately 24-36 months

- I Demonstrates healthy selfcare routines, with increasing independence 2.1.I
- J Demonstrates a balance of rest and physical activity with less adult support 2.1.J
- K Uses eating and drinking utensils with more control 2.1.K
- L Participates in safe behaviors in the environment with less adult support 2.1.L

Approximately 3-4 years

- M Participates in healthy selfcare routines. 2.1.M
- N Begins to recognize and identify healthy foods 2.1.N
- O Advances self-feeding skills to independently feed self with eating and drinking utensils 2.1.O
- P Demonstrates safe behaviors in the environment 2.1.P
- Q Demonstrates increasing independence with balancing rest and physical activity 2.1.Q

Approximately 4-5 years

- R Communicates safety rules and the reasons for the rules for indoor and outdoor environments 2.1.R
 - S Follows healthy self care routines 2.1.S
 - T Serves food or pours drinks with supervision 2.1.T
 - U Develops appropriate balance between rest and physical activity as part of a healthy lifestyle 2.1.U
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Develops large motor skills 2.2

Birth-12 months

- A Notices hands and feet, bringing to mouth, batting and touching objects 2.2.A
 - B Begins to use balance, strength and coordination in activities: 2.2.B
 - a Turns head from side to side 2.2.B.A
 - b Lifts head up while positioned on stomach 2.2.B.B
 - C Gains control of the head and body: 2.2.C
 - a Sits up 2.2.C.A
 - b Stands with support 2.2.C.B
 - D Begins to use control in large motor skills: 2.2.D
 - a Reaches for objects 2.2.D.A
 - b Rolls over from back to stomach and stomach to back 2.2.D.B
 - c Pushes up with straight arms while positioned on stomach 2.2.D.C
 - d Crawls forward 2.2.D.D
 - e Stands while holding on to furniture 2.2.D.E
 - f Walks while holding on to furniture-cruising 2.2.D.F
 - g Takes steps while holding adult's hand 2.2.D.G
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Approximately 12-24 months

- E Demonstrates increasing control in large motor skills: 2.2.E
 - a Walks independently 2.2.E.A
 - b Stoops and recovers 2.2.E.B
 - c Rolls a ball 2.2.E.C
 - d Climbs on low furniture or play equipment 2.2.E.D
 - e Crawls up stairs or walks up stairs with adult support 2.2.E.E
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Approximately 24-36 months

- F Demonstrates more advanced control in large motor skills: 2.2.F
 - a Runs 2.2.F.A
 - b Throws a ball 2.2.F.B
 - c Jumps with two feet off the ground 2.2.F.C

- G** Demonstrates increasing balance in activities: 2.2.G
 - a** Walks up stairs placing two feet on each step 2.2.G.A
 - b** Marches 2.2.G.B
 - c** Moves a riding toy by using feet 2.2.G.C
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Approximately 3-4 years

- H** Demonstrates control and balance in large motor skills using both sides of the body together - crossing midline: 2.2.H
 - a** Walks with a steady gait 2.2.H.A
 - b** Runs without falling 2.2.H.B
 - c** Jumps forward 2.2.H.C
 - d** Gallops 2.2.H.D
 - e** Pedals a tricycle 2.2.H.E
 - f** Walks up stairs by alternating feet 2.2.H.F
 - I** Demonstrates the ability to coordinate movements with balls: 2.2.I
 - a** Throws overhand 2.2.I.A
 - b** Kicks a ball 2.2.I.B
 - c** Catches a large ball 2.2.I.C
 - d** Bounces a ball 2.2.I.D
 - J** Experiments with creative movement skills 2.2.J
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Approximately 4-5 years

- K** Demonstrates increasing control, coordination and balance in large motor skills using both sides of the body together - crossing midline: 2.2.K
 - a** Walks a straight line 2.2.K.A
 - b** Hops on one foot 2.2.K.B
 - c** Steers a tricycle around objects 2.2.K.C
 - d** Jumps over objects 2.2.K.D
 - e** Skips 2.2.K.E
 - L** Uses creative movement in a variety of settings 2.2.L
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- A** Begins to develop hand-eye coordination to perform simple self-help and small motor tasks: 2.3.A
- a** Reaches for and grasps objects 2.3.A.A
 - b** Transfers objects from one hand to the other 2.3.A.B
 - c** Uses whole hand to pick up objects 2.3.A.C
 - d** Places objects on a surface 2.3.A.D
 - e** Uses one finger to point, touch or activate a toy 2.3.A.E
 - f** Picks up objects with fingertips rather than the palm 2.3.A.F
 - g** Bangs two objects together 2.3.A.G
 - h** Puts an object into a container 2.3.A.H
 - i** Picks up small objects using first finger and thumb - pincer grasp 2.3.A.I
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Approximately 12-24 months

- B** Uses hand-eye coordination to perform simple self-help and small motor tasks: 2.3.B
- a** Turns pages in a board book 2.3.B.A
 - b** Stacks 2-4 blocks 2.3.B.B
 - c** Purposefully fits one object into another nesting 2.3.B.C
 - d** Participates in dressing self 2.3.B.D
 - e** Removes loose clothing 2.3.B.E
 - f** Grasps writing utensils with whole hand and makes marks on paper 2.3.B.F
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Approximately 24-36 months

- C** Begins to coordinate small muscle movements to perform more complex self-help and small motor tasks: 2.3.C
- a** Uses hand to rotate objects 2.3.C.A
 - b** Participates in activities that involve using both hands 2.3.C.B
 - c** Strings large beads 2.3.C.C
 - d** Manipulates puzzle pieces 2.3.C.D
 - e** Demonstrates increasing independence with dressing and undressing 2.3.C.E
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Approximately 3-4 years

- D** Begins to demonstrate small muscle control with complex self-help and small motor tasks using both sides of the body together - crossing midline: 2.3.D
 - a** Snips with scissors 2.3.D.A
 - b** Draws lines and circles 2.3.D.B
 - c** Grasps writing utensil with thumb and fingers 2.3.D.C
 - d** Pulls zipper up or down when started by adult 2.3.D.D
 - e** Fastens and unfastens snaps and buttons with adult support 2.3.D.E
 - f** Puts on coat, jacket or shirt independently 2.3.D.F
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Approximately 4-5 years

- E** Demonstrates small muscle control with complex self-help and small motor tasks using both sides of the body together - crossing midline: 2.3.E
 - a** Strings small beads 2.3.E.A
 - b** Cuts shapes 2.3.E.B
 - c** Draws figures with three or more body parts 2.3.E.C
 - d** Attempts to zip zippers independently 2.3.E.D
 - e** Fastens and unfastens some buttons 2.3.E.E
 - f** Dresses or undresses self with minimal assistance 2.3.E.F