# 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

Skip to main content

**pproximately 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

**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

**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

**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

Skip to main content

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

**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

**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

**Develops small motor skills** 2.3

**Birth-12 months**

Skip to main content

A Begins to develop handeye 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

**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 anothernesting 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

**Approximately 24-36 months**

C Begins to coordinate small muscle movements to perform more complex selfhelp 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

**Approximately 3-4 years**

Skip to main content

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

**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