Minnesota Early Childhood Indicators of Progress

Physical and Movement Development

Components P1-4: Gross Motor

P1 Early infancy - reflexive movements: Child moves involuntarily: not purposefully initiating movement P1

0-1 year

P1.1 Laying on back, kicks legs and waves arms P1.1

P1.2 Laying on tummy, holds head up P1.2

P2 Early infancy movement In and out of position: Child moves voluntarily and purposefully P2

0-1 year

P2.1 Rolls over: tummy to back/back to tummy P2.1

P2.2 Moves into/out of sitting P2.2

P3 Locomotion: Childs moves their body through space from one place to another P3

0-1 year

P3.1 Crawls by one of these methods: • On tummy using arms/legs (tummy/commando) • Two straight arms and one bent leg (3-point), • Scoots instead of crawls: from a seated position by pushing forward with legs (bend & straighten)/arm assist P3.1

P3.2 Pulls to stand up against furniture P3.2

P3.3 Cruises along surfaces (e.g., low tables, chairs, shelves P3.3

P3.4 Walks with assistance P3.4

1-2 years

P3.5 Crawls up a few stairs with adult observing P3.5

P3.6 Walks independently P3.6

P3.7 Runs freely P3.7

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2-3 years

P3.8 Crawls up 3 to 5 stairs P3.8

P3.9 Walks on some different surfaces P3.9

P3.10 Walks up and down a few stairs with adult support or holding handrail (step up on stair, then brings next foot to same stair) P3.10

P3.11 Runs in games and freely P3.11

P3.12 Climbs onto/off furniture P3.12

P3.13 Jumps with two feet over a line P3.13

3-4 years

P3.14 Crawls under and around 3 or more objects in an obstacle course P3.14

P3.15 Walks along a wide (12" >) slightly raised straight pathway with assistance P3.15

P3.16 Walks up and down a few stairs with adult support or holding handrail using alternating feet (step up on stair one foot, then use other foot to go to the next stair) P3.16

P3.17 Climbs on play equipment P3.17

P3.18 Hops on one foot a few times P3.18

P3.19 Jumps off slightly elevated height with two feet P3.19

P3.20 Jumps with two feet over and out of spaces or objects on floor ("river" w rope or tape markers/ hula hoops) P3.20

4-5 years, K Readiness

P3.21 Walks on a wide (12>) slightly raised pathway P3.21

P3.22 Walks up and down stairs holding handrail P3.22

P3.23 Jumps off variable heights using a one- foot lead or with two feet P3.23

P3.24 Gallops freely or in a game (one foot and a step-hop, other foot and a step-hop) P3.24

P3.25 Moves many times through an obstacle course: over, under and around P3.25

P4 Object control: Child can manipulate objects to propel or receive P4

1-2 years

P4.1 Pushes and pulls toys while walking P4.1

P4.2 Throws small balls P4.2

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2-3 years

P4.3 Pushes medium size ball forward with foot P4.3

P4.4 Rolls a small ball to close target P4.4

P4.5 Throws a small ball close to target P4.5

P4.6 Pushes with legs while sitting on a scooter or balance bike P4.6

3-4 years

P4.7 Kicks a medium-sized ball P4.7

P4.8 Throws a large playground ball using two hands P4.8

P4.9 Catches a large or medium ball by cradling in arms toward body P4.9

P4.10 Peddles a tricycle or riding toys P4.10

4-5 years, K Readiness

P4.11 Kicks playground ball or small soccer ball to a close wide target P4.11

P4.12 Throws a small ball with some accuracy to a target or person P4.12

P4.13 Catches a large or medium-sized ball using two hands P4.13

P4.14 Bounces and catches a playground ball a few times using two hands P4.14

P4.15 Attempts to pump legs to swing on swing P4.15

Components P5-6: Fine Motor

P5 Dexterity: Child can coordinate and control movement of hands and fingers to grasp and manipulate objects P5

0-1 year

P5.1 Reaches for toy, grasps it and releases P5.1

P5.2 Grasps small food objects using finger and thumb P5.2

P5.3 Transfers object from one hand to other hand P5.3

1-2 years

P5.4 Grasps toys, objects to release into container P5.4

P5.5 Dumps out toys and objects from a container P5.5

P5.6 Turns pages of a board book P5.6

P5.7 Begins to grasp crayon to scribble P5.7

P5.8 Stacks a few blocks P5.8

2-3 years

P5.9 Turns pages of a book P5.9

P5.10 Grasps a crayon to scribble P5.10

P5.11 Stacks 4 blocks P5.11

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3-4 years

P5.12 Grasps a simple puzzle piece and can place a few pieces in the puzzle P5.12

P5.13 Draws freely on paper P5.13

P5.14 Strings large beads P5.14

4-5 years, K Readiness

P5.15 Grasps puzzle piece and can place 5-7 pieces in the puzzle P5.15

P5.16 Draws letters and/ or part of name with some reversals P5.16

P5.17 Draws stick people and some objects P5.17

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P6 Self Care: Child participates in daily care routines for feeding, dressing and personal hygiene P6

0-1 year

P6.1 Assists with dressing by lifting leg, arm, etc. P6.1

P6.2 Feeds self with hands P6.2

P6.3 Begins to drink from a cup P6.3

1-2 years

P6.4 When being dressed or undressed, assists with some clothes P6.4

P6.5 Feeds self with hands and begins to use a child-size spoon P6.5

P6.6 Drinks from a cup P6.6

P6.7 Helps put away a few toys P6.7

2-3 years

P6.8 Attempts to dress self for indoors with support (help with buttons and zippers) P6.8

P6.9 Helps put away toys P6.9

P6.10 May use the bathroom with assistance P6.10

3-4 years

P6.11 Assists with putting shoes on and taking them off P6.11

P6.12 Assists with putting boots on and taking off P6.12

P6.13 Puts on coat and takes coat off with assistance P6.13

4-5 years, K Readiness

P6.14 Dresses with near independence P6.14

P6.15 Puts shoes on the correct feet. May need help with ties and fasteners P6.15

P6.16 Puts boots on correct feet and takes boots off. May need help with ties and fasteners P6.16

P6.17 Puts coat on and takes off P6.17

P6.18 Uses the bathroom independently P6.18