

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH

SUB-DOMAIN: MOTOR DEVELOPMENT

GROSS MOTOR SKILLS: BALANCE, MOVEMENT, AND COORDINATION

GOAL 17: CHILDREN DEMONSTRATE STRENGTH AND COORDINATION OF LARGE MOTOR MUSCLES.

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
<p>16 to 38 Months</p>	<p>Coordinate whole body to make complex movements for moving from place to place (walk, run, hop, and climb).</p>	<ul style="list-style-type: none"> ▪ Walks and runs with skill; changing both speed and direction. ▪ Climbs in and out of bed, or onto a steady adult chair. ▪ Pounds object with intent and precision (hammers peg with accuracy). ▪ Kicks and throws a ball, but with little control of direction or speed. ▪ Jumps in place. ▪ Balances on one foot briefly. ▪ Bends over easily at the waist without falling. ▪ Walks in a straight line. ▪ Walks backwards. ▪ Walks up and down stairs (not alternating feet), without assistance. 	<ul style="list-style-type: none"> ▪ Offer spaces that encourage play opportunities for child to run, throw, jump, kick, and climb. ▪ Roll balls on the ground to and from with the child, and later, gently bounce pliable balls for the child to catch. ▪ Provide a variety of materials and equipment (riding toys, low climbing structures). ▪ Offer low curbs and low soft balance beams for children to step on and off. ▪ Draw lines on sidewalks with chalk or in the dirt for children to walk along. ▪ Play music and drums for marching, swaying, and hopping. ▪ Engage child in physical activities that promote balance (rocking, swinging, rolling, and spinning). ▪ Play simple repetitive games where the child stands up, sits down, stands up, sits down. ▪ Provide opportunities for child to try different body positions (bending, twisting). ▪ Modify activities to ensure individual participation of each child (provide ramps or low steps to ensure access to climbing equipment).