

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

SUB-DOMAIN: PHYSICAL WELL-BEING

PHYSICAL FITNESS

GOAL 20: CHILDREN DEMONSTRATE STAMINA AND ENERGY TO PARTICIPATE IN DAILY ACTIVITIES.

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
<p>16 to 38 Months</p>	<p>Engage in new and familiar physical activities with and without adult prompting.</p>	<ul style="list-style-type: none"> ▪ Sleeps for 10-14 hours including naps; awakening rested and ready for daily activities. ▪ Runs smoothly on even and uneven surfaces. ▪ Attempts to balance, and has increasing success balancing on low ledges and curbs. Combines motor actions in sustained play (e.g. playing on small slides, climbing on small structures, using wheel toys, carrying objects of varying sizes and shapes, throwing and catching, dancing, and marching). ▪ Carries, dumps, fills, pulls, pushes heavier objects. ▪ Stacks objects at increasing heights. 	<ul style="list-style-type: none"> ▪ Provide child with active play opportunity throughout each day including play on slides, climbing spaces, surfaces for wheel toys, and space for sustained running, as well as indoor tumbling mats and foam risers. ▪ Provide safe and inviting areas to encourage sustained movement and balance (i.e. slightly elevated inclines, low steps, and soft surfaces). ▪ Provide equipment, materials, and activities for structured active physical play, including child-sized balls and wheel toys, musical instruments, active follow-along songs, and active play rhythmic poems and stories. ▪ Provide daily quiet activities, rest periods, and nap times. ▪ Limit child's screen time (watching TV and videos, and sitting at a computer games) to no more than two hours of each in a 24-hour period, including that home and child care settings. ▪ Accompany the child on daily short walks, where the child is not in a stroller. ▪ Model physical activities by playing with the child rather than watching the child play.