

# Physical Development

## Mobility

0-6 Months	6-12 Months	12-24 Months	24-36 Months	36-60 Months
Show head control when in any position and during transitional movement	Get into sitting position on own and play while in this position	Use walking as main means of mobility and pull toy when walking.	Walk and run on various surfaces and level changes with balance and control of speed.	Walk up and down stairs alternating feet while carrying an object.
Roll over, both directions	Move when on the floor by rolling, creeping, crawling with purpose	Stand from squat position using arms to push off floor.	Walk up and down stairs alternating feet on steps with railing held.	Alternate direction while running and stop easily without losing balance.
Reach, grasp, and bat for objects overhead and eventually reach and play with feet when on back		Creep up and down stairs		
Push up and support weight on forearms when on stomach	Pull to stand, cruise along furniture and stand alone. May take a few steps independently or with help.	Walk with legs closer together and able to change directions smoothly and carry objects.		
		Begin to run		
Sit with support		Walk up and down steps holding onto rail, often leading with the same foot and negotiating one step at a time.		

# Physical Development

## Large Muscle Movement and Coordination

0-6 Months	6-12 Months	12-24 Months	24-36 Months	36-60 Months
		Throw ball in forward direction.	Catch and throw a playground ball with an adult short distance away.	Combine several gross motor skills in an organized way, such as moving through an obstacle course or participating in a creative movement activity following directives.
		Use more complicated series of movements such as climbing onto and down from furniture without help, propelling self ride-on toys.	Jump with two feet	
		Catch a large ball tossed from a short distance against their body using both arms.	Kick a ball in a forward direction.	
				Kick ball at target a short distance away with accuracy and speed.
				Throw a small ball overhand at target a short distance away with accuracy.
				Coordinate more complex movements with increasing control, balance, and accuracy

# Physical Development

## Visual Motor Integration

0-6 Months	6-12 Months	12-24 Months	24-36 Months	36-60 Months
Locate an object using vision or sound, reach and grasp the object.	Reach into containers or reach to activate a simple cause and effect toy.	Engage in play that requires using vision and hands such as building a tower or structure, with several blocks balanced on top of each other or placing a large peg in a pegboard base.	Use common tools that require eye-hand coordination with precision and for their intended purpose.	Use smaller objects with precision
Follow an object with eyes across body, crossing the middle	Combine and separate toys	Orient pieces to match opening and complete a simple inset form board/puzzle or shape sorter..		Use coordinated movements to manipulate materials, including cutting and drawing with control and using appropriate hand position to manipulate objects.

# Physical Development

## Small Muscle Movement and Coordination

0-6 Months	6-12 Months	12-24. Months	24-36. Months	36-60 Months
Use voluntary and purposeful movements to bring hands to mouth..	Move objects from one hand to another and combine items at center of body.	Use both hands at the same time for different purposes	Use writing tools or paint objects with some control and purpose.	Use writing/drawing tools with increased precision to draw simple shapes, pictures and/or letter. May have immature pencil grasp with 3-5 fingers on pencil shaft.
Bring hands together while lying on back.	Use index finger to poke and point and grasp small objects between thumb and fingertips.	Use a writing tool to scribble purposefully and imitate vertical and horizontal stroke. May use a fistful grasp.		Have sufficient control of writing implements to copy simple forms or geometric shapes and write some letters.
		Use a mature pencil grasp with 3 fingers on writing implement.		

# Physical Development

## Feeding Routines/ Nutrition Safety and Responsibility

0-6 Months	6-12 Months	12-24. Months	24-36. Months	36-60 Months
Participate in feeding routines with consistent caregivers by holding onto bottle, and/or leaning forward in anticipation of food offered via bottle, breast, or spoon...	Participate in feeding routines by holding cups or bottles, using fingers for self-feeding and/or using eating utensils.	Demonstrate increased proficiency using eating utensils and cups. May begin to serve self some food, but spills are common.	Feed self with minimal spilling..	Pour liquid from a small pitcher
		Begin to serve self food with adult assistance		Use butter knife to spread and cut. Open most containers to remove food.
Safety and Responsibility		Typically respond to adult requests to stop unsafe behavior	Tell several basic safety rules at home and in familiar settings. Bring other children's rule-breaking to the attention of adults..	Understand basic safety rules at home and in familiar settings. Generally, follow rules and bring other children's rule-breaking to the attention of adults..
		Show awareness of items that are unsafe and point them out to familiar adults.		Understand the reason for most basic safety rules at home, in familiar settings and in the community.

# Physical Development

## Dressing and Hygiene

0-6 Months	6-12 Months	12-24. Months	24-36. Months	36-60 Months
	<p>Participate in dressing, understanding and bathing by holding arms out, taking off socks, ect.</p>	<p>Show interest in doing things for self including dressing. Put arm in sleeve, step out of pants, attempt to put on socks or shoes.</p>	<p>Attempt to complete basic self-care routines although may still need caregiver assistance.</p>	<p>Manager most aspects of dressing, toileting, hand washing and tooth brushing independently with minimal caregiver reminders to guide and support.</p>
		<p>Engage in dressing and hygiene routines with increasing intention: pull pants up and down, take off jacket, dry own hands</p>		<p>Typically manage own dressing, toileting, and basic hygiene</p>

# Physical Development

## Physical Activity and Health

0-6 Months	6-12 Months	12-24 Months	24-36 Months	36-60 Months	
Interact with caregivers in daily physical activities that involve varying positions and promote development of movement skills.	Interact with caregivers in daily physical activities that involve exploration and movement.	Interact with caregivers in a variety of physical activity experiences.	Demonstrate increasing strength and endurance sufficient to actively engage in 60 minutes of physical activity spread over the course of a day.	Demonstrate increasing strength and endurance sufficient to actively engage in 60 minutes of moderate to vigorous physical activity spread over the course of a day.	
		Engage in physical activity in both indoor and outdoor environments that require use of large muscles.		Discuss healthy practices including hygiene, nutrition, and sleep	
					Name examples of healthy practice including hygiene, nutrition, and sleep.
					Identify healthy practices including hygiene, nutrition, and sleep.

# Physical Development Checklist

## **E P** 0-6 months

<b>E</b>	<b>P</b>	
		Lifts head briefly on stomach
		Responds to sounds
		Stares at faces
		Moves arms and legs
		Can grasp with fingers as a reflex
		Smiles in response
		Begins to roll over
		Opens hands
		Can roll from back to side
		Sits with support
		Controls head well
		Holds objects in hands
		Brings hands to mouth

## 6-12 months

**E P**

<b>E</b>	<b>P</b>	
		Sits with support
		Grasps objects and explores them
		Reaches for and holds bottle
		Reaches out when sitting
		May move on stomach with leg movements
		Brings objects to mouth
		Learns to bend knees to sit down
		Can stand for short time with support
		Can move from sit to crawl



# Physical Development Checklist

12-24. months

**E P**

		Waves bye bye
		Creeps on hands and knees
		Pulls self to stand, can walk with support
		Able to sit alone without support
		Crawls well
		Points to objects
		Puts objects in mouth
		Finger feed self
		Walk without assistance
		Crawls upstairs
		Can jump in place
		Can build a tower
		Pushes/ pulls objects
		Begins to run (lacks coordination)
		Hold a crayon

24-36 months

**E P**

		Walks with good balance
		Climbs up and down stairs while holding railing
		Plays tag
		Throws a ball
		Can build a tower
		Begins to run
		Holds crayons
		Can remove clothes without help

**E=emergent**

**P=proficient**

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# Physical Development Checklist

36-60 months

<b>E</b>	<b>P</b>	
<input type="checkbox"/>	<input type="checkbox"/>	Jumps in place
<input type="checkbox"/>	<input type="checkbox"/>	Climbs well
<input type="checkbox"/>	<input type="checkbox"/>	Walks up and down stairs alternating feet
<input type="checkbox"/>	<input type="checkbox"/>	Kicks balls
<input type="checkbox"/>	<input type="checkbox"/>	Pedals tricycle
<input type="checkbox"/>	<input type="checkbox"/>	Bends over without falling down
<input type="checkbox"/>	<input type="checkbox"/>	Holds pencil in writing position
<input type="checkbox"/>	<input type="checkbox"/>	Screw and unscrew jar lids
<input type="checkbox"/>	<input type="checkbox"/>	Turn door handles
<input type="checkbox"/>	<input type="checkbox"/>	Rolls, pounds, squeezes, and pulls
<input type="checkbox"/>	<input type="checkbox"/>	Button and unbutton
<input type="checkbox"/>	<input type="checkbox"/>	Put on and take off coat
<input type="checkbox"/>	<input type="checkbox"/>	Can walk backwards
<input type="checkbox"/>	<input type="checkbox"/>	Catches a thrown ball
<input type="checkbox"/>	<input type="checkbox"/>	Use scissors to cut
<input type="checkbox"/>	<input type="checkbox"/>	Can jump off of a step
<input type="checkbox"/>	<input type="checkbox"/>	Enjoys swinging, climbing, and sliding

**E=emergent**    **P=proficient**



## About the Flock:

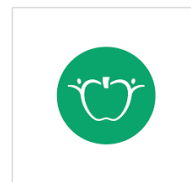
**I'm Alicia** and the owner of **Teaching the TOT Flock**. I have over eight years of teaching experience with toddlers and preschoolers. I started making resources to use in my classroom and share my hard work with you! I hope you enjoy this free product for your classroom and check out more resources from the flock that might also be helpful for your class needs.

## Links to the Flock:

**Website:**



**Teacherspayteachers:**



**Pinterest:**



**Youtube:**



**FacebookPage:**





# More Resources:

**Our Emotions**  
By Teaching the TOT Flock

Packet Includes:  
Emotions File Folder  
Matching Emotions  
Emotions Puppets  
Feelings Early Reader  
A Feeling Chart/ Graph  
Emotions Wheel

**My Five Senses Toddler Packet**  
By Teaching the TOT Flock

Includes:  
Five Senses Early Reader  
Five Senses File Folder  
Design a Face  
Five Senses Puppets  
Five Senses Wheel

**Life on the Farm**  
By Teaching the TOT Flock

Packet Includes:  
Farm Animal Matching  
Design a Farm Scene  
Puzzles for vocabulary change  
Feed the farm animal  
I Spy Farm Theme  
Like on the farm topic  
Going to the farm activity  
Farm puppets

**Toddler Color Activities**  
By Teaching the TOT Flock

Activities Included:  
Color Posters with Flashcards  
Color Sorting  
Color Label Lid cards  
I Spy Colors  
Color Book  
Color Graphs  
Spin and Graph Colors  
Color Mixing Chart

Resources:  
Color Science Experiments Resource List  
Art activities exploring with color

**Toddler SHAPE Activities**  
By Teaching the TOT Flock

Activities include:  
File folder  
Handmade Shapes  
Popcorn stick shapes  
I Spy Shapes  
Shape Book  
Shape monster  
Shape Posters/ Cards  
Shape Puzzles  
Shape tracing cards  
Shape tracing  
Spiral and Graphs shapes

**Outer Space Toddler Packet**  
By Teaching the TOT Flock

Space Matching  
Planet Measurement Activity  
Planet Banners  
Planet Wheel  
Planet Knock Down  
Space and Earth Design and Write  
Space Word Wall  
Planet Emergent Reader  
Star Color the Book

**Bear/Hibernation Toddler Packet**  
By Teaching the TOT Flock

Packet Includes:  
Feed the bear activity  
Bear Laying cards  
Hibernation Animal Early Reader  
Bear noise matchy cut  
Hibernating animal file folder activity  
How many bears can you put in the den

**Beach and Ocean Toddler Packet**  
By Teaching the TOT Flock

Packet Includes:  
File folder  
Beach or ocean  
Ocean animal movement game  
Ocean  
I Spy the ocean game  
Beach ocean cut and glue  
Ice cream cone or hot air balloon  
Ocean early reader  
Design a beach house

**Zoo Activities for Preschool**  
By Teaching the TOT Flock

Packet Includes:  
Zoo File Folder  
Look who's going to the zoo  
In the Zoo story  
Design a Zoo  
Welcome to the zoo (outside)  
Zoo animal Movement Game  
Zoo word wall cards  
Mom and Baby puzzles  
Feed the Zoo animal  
Zoo animal pattern cards  
Zoo Animal Graphs

**Dinosaur Toddler Packet**  
By Teaching the TOT Flock

Packet includes:  
File folders  
Star Matching  
Design a Scene  
Emergent reader  
Dino and Dinosaur Play Exhibit  
Word Wall Cards  
All About Dinosaur  
Egg Pattern Activity  
Dinosaur Hunt  
Dinosaur I Spy  
Feed the Dinosaur

**Weather Packet**  
By Teaching the TOT Flock

Includes:  
Weather Icons  
Dress for the weather  
Weather matching  
Weather puppets  
Weather Graph  
Weather easy reader  
Weather I Spy  
Puddle jumping

**Pond Life Packet**  
By Teaching the TOT Flock

Packet includes:  
Pond File Folder  
Design a pond scene  
Pond matching  
Pond Book  
Frog Life Cycle  
Frog and Lily pad color matching  
Pond Animal Movement Game  
Lily Pad Hop Over Day  
Word Wall Cards  
Pond Animal Graph

And more...:

