

Physical Development

This area of development includes all physical movements such as gross and fine motor skills.

Young children learn best through physical movement and through interacting with a variety of materials before holding a pencil to write. Therefore, it is vital that young children get as many opportunities as possible to play, move around and explore their environment.

Fine motor skills include control and coordination of the wrist, hand, and fingers. Hand-eye coordination is also needed for many fine motor tasks.

Developing these skills allows children to explore their environment, dress themselves, use writing tools, build puzzles, arrange blocks in sequence, and many more.

Physical Readiness

To deem a child ready for school in terms of physical development, he or she should be able to do some or all of the following:

- Coordinate their movements to throw, catch, kick, and bounce a ball.
- Use a slide and a swing without being helped or pushed.
- Show proficiency, control, and balance in activities such as walking, climbing, running, jumping, hopping, skipping and marching.
- Control the direction of the movement of their limbs and body such as moving their body from left to right and from top to bottom.
- Cross the midline, for example, take their right hand across the midline to touch their left shoulder.

How to Play?

- Give a copy of the chart to each student.
- Play *Jump!* to sing and dance together. Show the mentioned actions. Ask students to follow your movements and pay attention to the song.
- You can sing and dance twice so that students remember the actions through repetition.
- Then ask students to color only those actions that were mentioned in the song. You can play the song

one more time and let them listen while they color their answers. [Key: 2, 3, 5, 7, 8, 9]

- Once students have colored their answers. Ask them to check those actions that they can do. Ask: Can you [draw]? If they answer “Yes”, ask them to check the first circle (I can).

Teaching Tips

If time or class level allows, give students time to pair up with a classmate and ask each other: Can you [jump]? Ask them to place a mark for those actions their classmate can do. Encourage students to show their classmate what they can do. This will be an opportunity for vocabulary and communication practice while they are having fun. Remember to provide examples and repetition to support their practice.