

Physical Development

Gross motor skills are developed, during indoor play and outdoors on the playground, using:

- Climbers, slides, trikes, scooters, swings
- Balls to kick, throw and bounce, bean bags to toss, bubbles to chase
- Sand to scoop, pour, dig
- Simple games and sport skills such as throwing, hitting and/or kicking a ball, playing hopscotch
- Hiking and exploring the campus
- Movement to music
- Building with large and small wooden blocks

Fine motor skills are developed throughout the day during such activities as:

- Tracing, copying, writing letters of the alphabet, writing in journals, etc.
- Using clipboards for portable writing or drawing desks in the classroom, on the

playground and during field trips

- Drawing pictures, self-portraits, signing own name on paper, writing messages to friends
- Working with manipulatives such as stringing beads, Legos, nuts and bolts, spinning

tops, sorting or creating a collage with small items like dried beans or peas