

Physical Development and Health (Indicators for 34 - 48 months)

Wellness

a. Health Knowledge and Practices

- ☐ Completes personal care tasks with increasing independence.
- ☐ Participates in structured and unstructured physical activities.
- ☐ Regularly participates in active games, outdoor play and other forms of exercise that enhance physical fitness.
- ☐ Transitions from high-energy to low-energy activities with support.
- ☐ Follows health routines with support (versus independently).
- ☐ Cooperates during doctor and dentist visits.
- ☐ Cooperates during health and developmental screenings.

b. Physical Health Status

- ☐ Maintains physical growth and well being.
- ☐ Demonstrates body spatial awareness in relationship to stationary objects.
- ☐ Participates in games, outdoor play, and other forms of physical activity.
- ☐ Engages in adaptive physical activities, as appropriate.

c. Nutrition

- ☐ Makes nutritional needs/interest known (e.g., when thirsty, ask for water; verbalizes when hungry).
- ☐ Assists with set-up and clean-up at mealtime as appropriate to the setting, is responsible for own area, and gathers needed materials for snack and mealtime.
- ☐ Child serves self to include but not limited to taking food from one container to another, opening packages accordingly, and serving bowl to plate.
- ☐ With support, participates in nutrition related activities.

d. Safety

- ☐ Recognizes and names people who keep them safe in dangerous situations.
- ☐ Has an awareness of strangers.
- ☐ Develops awareness of and the ability to follow basic safety rules and practices.
- ☐ Avoids hazardous chemicals and unsafe materials.
- ☐ Seeks adult approval before approaching unknown pets.

Motor Skills and Movement Patterns

a. Fine Motor

- ☐ Holds drawing, writing, and painting tools with fingers and thumb, creating more recognizable drawings (letter like symbols, shapes), but may hold the instrument too close to one end.



- ☐ Develops increasing strength, dexterity, and hand-eye coordination to use hands, fingers, and wrists to manipulate objects.
- ☐ Cuts paper in straight line.
- ☐ Completes interlocking puzzles.
- ☐ Develops ability to have increased dexterity with utensils.
- ☐ Uses increased skill in self-serving with little spilling during meals, including pouring and using tongs.

b. Gross Motor

- ☐ Moves purposefully from place to place with control.
- ☐ Moves with an awareness of personal space in relationship to others.
- ☐ Hops on one foot one time without losing balance or fallings.
- ☐ Jumps down from a step and forward ten inches.
- ☐ Walks forward and backward along a line or a beam using normal stride.
- ☐ Walks up and down stairs, alternating feet.
- ☐ Develops motor coordination and skill while using objects for a range of physical activities, such as pulling or throwing.
- ☐ Combines large motor movements with the use of equipment.