

physical education/gross and fine motor skills

Three and Four

Physical Education/Gross and Fine Motor Skills Standard

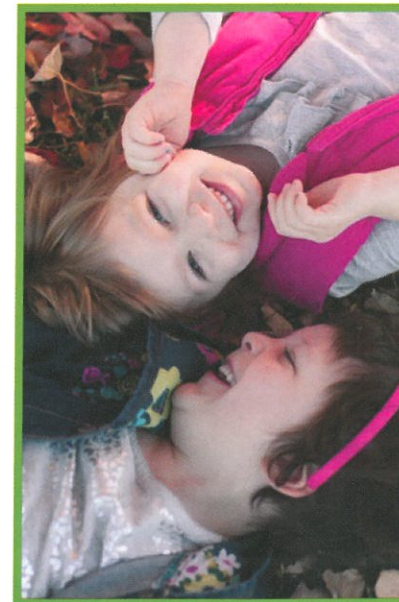
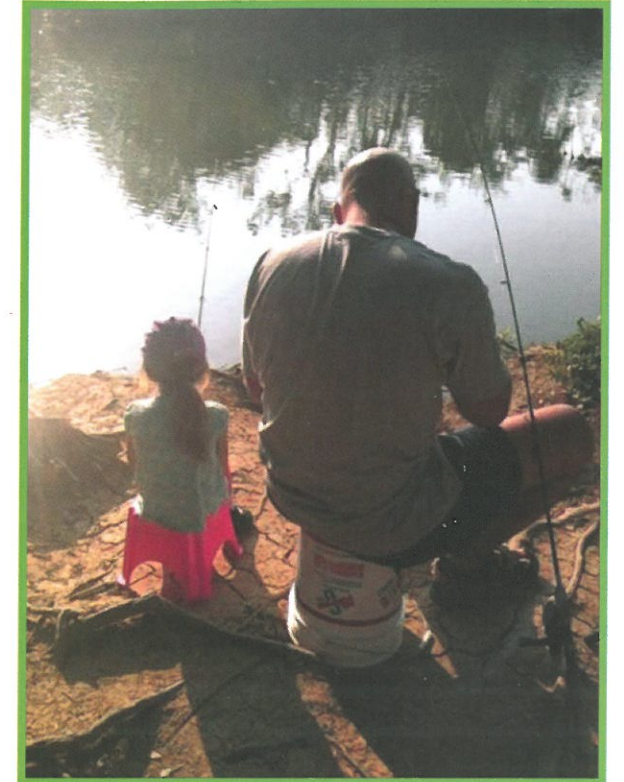
Demonstrates basic gross and fine motor development.

Your child's ability to move his/her body. Includes moving large muscles, such as walking and running, as well as gaining control of small muscle movements, such as scribbling and cutting.



What are some things you can do with your child?

- Provide daily opportunities for your child to play outside. Take your child to the park or local playground and encourage him/her to climb on the play structures, with your supervision.
- Provide your child with opportunities to play with balls, ride trikes and bikes, and play outdoor games that include hopping, skipping, and galloping.
- Provide daily opportunities for your child to develop small muscles in activities such as creating things with Play Doh, Legos, and scissors and paper.
- Encourage your child to dress themselves, including zippers, buttons, and snaps. Provide assistance when needed.



What does it mean?

- Coordination skills that help your child run, jump, and skip.
- Using hands and fingers to do small tasks, such as buttoning, grasping, zipping or writing.

Approaches to Learning: Persistence and Attentiveness

When your child keeps trying to button, to zip, or to snap, they are using their small hand muscles that are also used to write. They are being persistent in doing this task on their own.

