

Physical				
Age/ Grade	Demonstrates traveling skills	Demonstrates balancing skills	Demonstrates gross-motor manipulative skills	Demonstrates fine-motor strength and coordination
<b>3 Years</b>	Moves purposefully from place to place with control	Sustains balance during simple movement experiences	Manipulates balls or similar objects with flexible body movements	<p><u>Uses fingers and hands:</u> Uses refined wrist and finger movements</p> <p><u>Uses writing and drawing tools:</u> Holds drawing and writing tools by using a three-point finger grip but may hold the instrument too close to one end</p>
<b>PreK4</b>	Coordinates increasingly complex movements in play and games	Sustains balance during complex movement experiences	Manipulates balls or similar objects with a full range of motion	<p><u>Uses fingers and hands:</u> Uses small, precise finger and hand movements</p> <p><u>Uses writing and drawing tool:</u> Holds drawing and writing tools by using a three-point finger grip but may hold the instrument too close to one end</p>
<b>K</b>	Coordinates increasingly complex movements in play and games	Demonstrates how to balance on different body parts (feet, hands, knees, elbows) at varying levels (e.g., up high, down low) while making different poses	Manipulates balls or similar objects, propelling them away from the body (throwing) and receiving and controlling them (catching) with increased accuracy	<p><u>Uses fingers and hands:</u> Uses small precise finger and hand movements</p> <p><u>Uses writing and drawing tools:</u> Uses three-point finger grip and efficient hand placement when writing and drawing</p>
<b>1<sup>st</sup></b>	Uses a variety of traveling movements varying speed, pathways, and direction	Balances on different body parts (feet, hands, knees, elbows) at varying levels (e.g. up high, down low) while making different poses	Manipulates balls or similar objects, propelling them away from the body (throwing) and receiving and controlling them (catching) with increased accuracy	<p><u>Uses fingers and hands:</u> Uses smooth finger &amp; hand movements</p> <p><u>Uses writing and drawing tools:</u> Uses three-point finger grip and efficient hand placement when writing and drawing</p>

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2 <sup>nd</sup>	Uses a variety of traveling movements varying speed, pathways, and direction	Balances on apparatus with control and stability	Manipulates balls or similar objects w accuracy, fluidity, and control	<p><u>Uses fingers and hands:</u> Uses smooth finger and hand movements</p> <p><u>Uses writing and drawing tools:</u> Demonstrates control &amp; appropriate pressure when using writing &amp; drawing tools; writes legibly</p>
3 <sup>rd</sup>	Coordinates multiple complex movements while traveling	Designs and performs movements that combine traveling and balance into a smooth, flowing sequence with intentional changes in direction and speed	Manipulates and controls balls or similar objects with long-handed implements	<p><u>Uses fingers and hands:</u> Manipulates grade-appropriate tools and intricate materials with control and precision</p> <p><u>Uses writing and drawing tools:</u> Moves writing or drawing utensils fluidly across the page w increasing speed and accuracy; produces letters and number symbols having accurate formation, size, proportion, slant and spacing; may use cursive writing</p>

Revised: October 16, 2017