

## Young Children's Physical

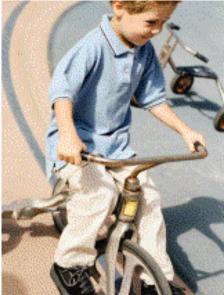
Below is a chart describing physical skills young children may have at different ages and stages.

Age

children may

2 to 3

- walk up and down stairs; jump off one step
- kick a ball
- YEARS st
  - stand and walk on tiptoe
  - run; dodge



3 to 4

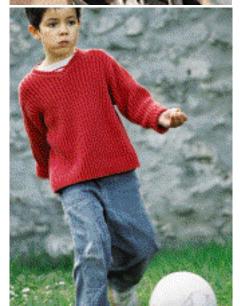
YEARS

- walk backward and forward unself-consciously; turn and stop well
- jump off low steps or objects, but find it hard to jump over objects
- begin to ride trikes and pump on swings
- stand on one foot unsteadily; balance with difficulty on low fourinch- wide balance beam while watching their feet
- play actively, but tire suddenly

4 to 5

skip unevenly; run well

- stand on one foot for five seconds or more; master the low balance beam
- alternate feet when walking down stairs; judge well when placing feet on climbing structures
- jump on a small trampoline
- show awareness of things in surrounding environment, such as cars on streets, but still need supervision and help protecting self
- have increased endurance in play



5 to 6 YEARS

- walk backward quickly; skip and run with agility and speed
- incorporate motor skills into games
- walk a two-inch balance beam easily; jump over objects
- hop well; jump down several steps; jump rope
- climb well; coordinate movements for swimming or bike riding
- show uneven perceptual judgment
- have high energy levels in play and rarely show signs of fatigue; find inactivity difficult and seek active games and environments

**6+** YEARS

- have increased coordination for catching and throwing
- be able to participate in active games with rules
- sequence motor activities, as with gymnastics or shooting baskets
- have improved reaction time in responding to things like thrown balls

Copyright 2003 ZERO TO THREE. Reprinted with permission from Caring for Infants and Toddlers in Groups, 2003 ed., Lally et al. (www.zerotothree.org). *Adapted from Developmentally Appropriate Practice in Early Childhood Programs*, by Sue Bredekamp and Carol Copple, pp. 70, 102, 147 with permission from the NAEYC (www.naeyc.org).