

**HLTH 3: Active Physical Play**

Child engages in physical activities with increasing endurance and intensity

**HANDOUT 4:****Health Measure 3 --Active Physical Play from DRDP-K 2015****Mark the latest developmental level the child has mastered:**

<b>Building</b>			<b>Integrating</b>		
Earlier ○	Middle ○	Later ○	Earlier ○	Middle ○	Later ○
<b>Engages in active physical activities or play for moderate amounts of time</b>	<b>Engages in active physical activities or play for sustained amounts of time</b>	<b>Engages regularly in active physical activities or play for sustained periods of time, with occasional bursts of intensity</b>	<b>Seeks to engage in active physical activities or play routinely, with increased intensity and duration</b>	<b>Participates in moderate physical activity on own and with others, increasing endurance while building coordination of motor skills;</b>  <i>and</i> <b>Communicates a basic understanding that physical activity promotes health</b>	<b>Participates in vigorous physical activity on own and with others, increasing endurance while refining the coordination of motor skills;</b>  <i>and</i> <b>Communicates an explanation of health benefits gained from physical activity</b>
<b>Possible Examples</b> <ul style="list-style-type: none"> <li>▶ Joins in a dance started by a peer and then dances until the song ends.</li> <li>▶ Climbs up and down around a climbing structure several times.</li> <li>▶ Jumps rope and takes turns with peers on the playground.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Joins a group of peers kicking and chasing a soccer ball around a play yard.</li> <li>▶ Rides around the playground several times.</li> <li>▶ Races to the fence and back several times, while using a mobility device (e.g., walker, crutches, wheelchair).</li> </ul>	<ul style="list-style-type: none"> <li>▶ Rides around the playground several times, increasing speed to pass a peer.</li> <li>▶ Dances to several different songs, moving slowly, then quickly, in response to changes in music.</li> <li>▶ Kicks a soccer ball back and forth with a peer, sometimes running faster and sometimes running slower, during most of the time during outdoor play.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Creates an obstacle course with peers and challenges others to see who can move the fastest through the course two times.</li> <li>▶ Joins a group of children playing chase, while propelling own wheelchair.</li> <li>▶ Initiates a dance activity, keeping up with a fast beat until the music ends.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Hops on one foot repeatedly, exclaiming, "My legs are strong, "I am strong and healthy."</li> <li>▶ Climbs on outdoor apparatus and swings from bar to bar for several minutes, and communicates, "Look how strong I am."</li> <li>▶ Communicates, "Pushing is hard work, this will make me strong," while pushing another child in a wheelchair.</li> <li>▶ Communicates, "My arms are strong but they get tired when I rake leaves for a long time."</li> </ul>	<ul style="list-style-type: none"> <li>▶ Communicates to an adult, "My heart beats real fast after I run and play on the playground."</li> <li>▶ Jumps rope on own or with others during recess and communicates, "The faster and longer I jump, the harder I breathe."</li> <li>▶ During parachute play, asks the adult if the class can shake the chute to build stronger arms.</li> </ul>
Note: Intensity of active physical play and amount of strength required to engage in the activity will vary greatly from child to child. When observing a child, it is important to consider the child's capacity for engaging in vigorous active physical play.					

☐ **Child is emerging to the next developmental level**
☐ **Unable to rate this measure due to extended absence**
**HLTH 3 (of 5)****Active Physical Play****HLTH 3 (of 5)**