

HANDOUT 6:

Physical Development Foundations Map

Active Physical Play

Strand

1.0 Active Participation

At around 48 months of age

At around 60 months of age

Substrand

1.1 Initiate or engage in simple physical activities for a short to moderate period of time.

1.1 Initiate more complex physical activities for a sustained period of time.

Examples

- Rides a tricycle on playground for a period of time alone or with another child who is also riding a tricycle.
- Asks child in wheelchair, "Want to go for a walk? I can push you," and pushes child around the playground.
- During outside play, engages a friend to race to the fence and back.
- Communicates to another child, "Wanna swing on the swings with me?"

Examples

- Rides a tricycle for an extended period of time alone or in a made-up game with another child who is also riding a tricycle.
- Sits on and bounces a "bouncy ball."
- Kicks a soccer ball and runs with a group of other children.
- Rolls a hula hoop or a ball and runs beside it with a friend or alone.

Foundation

Examples

Age

Domain



PHYSICAL DEVELOPMENT