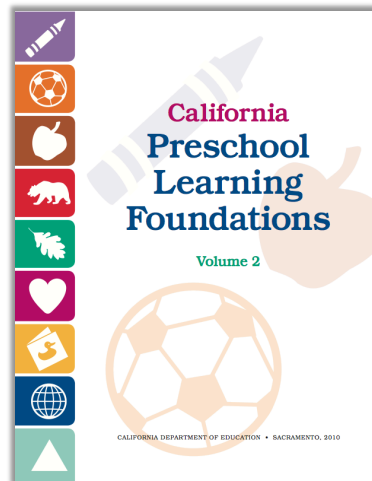


# Physical Development



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## Physical Development

### Fundamental Movement Skills (Strand)

- 1.0 Balance (Substrand)
- 2.0 Locomotor Skills (Substrand)
- 3.0 Manipulative Skills (Substrand)



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# Physical Development

## Perceptual-Motor Skills and Movement Concepts (Strand)



- 1.0 Body Awareness (Substrand)
- 2.0 Spatial Awareness (Substrand)
- 3.0 Directional Awareness (Substrand)

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# Physical Development

## Active Physical Play (Strand)



- 1.0 Active Participation (Substrand)
- 2.0 Cardiovascular Endurance (Substrand)
- 3.0 Muscular Strength, Muscular Endurance, and Flexibility (Substrand)

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## Physical Development Domain Puzzle

Fundamental Movement Skills	
At around 48 months of age	At around 60 months of age
<i>Balance</i>	
Maintain balance while holding still; sometimes may need assistance.	Show increasing balance and control when holding still.
Maintain balance while in motion when moving from one position to another or when changing directions, though balance may not be completely stable.	Show increasing balance control while moving in different directions and when transitioning from one movement or position to another.

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## Physical Development

- As you look at the completed puzzles, what stands out to you?
- Were some strands and substrands easier to put together than others? Which ones and why?
- Which strand and substrands were most challenging? Why?
- What are some examples you have seen of these foundations?
- Which substrand do you want to know more about? How could you discover more about that substrand?

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