

Physical Development and gross motor activities develop the large muscles of the body and enable children to develop mastery of body movements. Children’s self-esteem increases as they develop mastery over their bodies. Early experiences with gross motor activities lay a foundation for a lifetime commitment to physical fitness. In order to develop their large muscles, children need daily access to equipment such as balls, jump ropes, wagons to pull, slides, and a climbing apparatus. Other activities like marching, running, jumping, bending, and dancing also contribute to the development of the whole body. The IQ Guide for the Learning Environment specifies expectations for materials and activities required for physical development.

🚶 Age-appropriate mobile equipment (3 types):

- Bouncy balls
- Hula hoops
- Jump ropes
- Parachute
- Wagons
- Tricycles
- Scooters
- Plastic bats/balls
- Catching games/gloves
- Platform stilts
- Plastic cones to create obstacle courses

Note: Helmets are required when riding vehicles.

🏠 Uses stationary equipment daily, weather permitting:

Children should participate in some type of physical development on a daily basis. When children are unable to go outside due to inclement weather, the teacher should provide opportunities for gross motor activities that can be done while inside. Some examples include:

- Using a balance beam.
- Catching and throwing toys (soft, large balls, or beanbags).
- Playing instructional games that incorporate gross motor movements. Facilitate games like “Simon Says” and “Follow the Leader.” The children can hop, run in place, touch toes and/or other body parts, move like an airplane, and dance/exercise to music.
- Creating an indoor obstacle course using natural barriers combined with crawling, hopping, balance beam, hula hoops, etc.
- Skating on paper plates—children stand on paper plates and use them to slide or “skate” around the room to music or the teacher’s directions.

