

The Young Children's Program provides an environment designed to help each child

- Develop and refine motor skills (GOAL 8)
- Make choices that support personal wellness (GOAL 9)

Adapted from PHYSICAL DEVELOPMENT AND HEALTH,
Milestones of Child Development, VA Early Childhood Development Alignment Project, 2007

Gross Motor Development

	36-48 mo	Show increasing levels of proficiency, control, and balance in walking, climbing, running, jumping, hopping, skipping, marching, and galloping <i>(child walks up & down stairs alternating feet, jumps with both feet together)</i>	
	48 mo+	Coordinate movements in more complex gross motor tasks, such as throwing, catching, kicking, bouncing balls, and using the slide and swing	
	48 mo+	Make successful transitions between sequential motor skills	
	48 mo+	Coordinate movements to perform simple tasks	
	48 mo+	Demonstrate increasing stamina, endurance, control, balance, and coordination	
	48 mo+	Use balance and control to perform large motor tasks	
	48 mo+	Coordinate movements to perform more complex tasks	

Fine Motor Development

	36-48 mo	Demonstrate growing strength, dexterity, and control needed to perform a variety of fine motor tasks	
	36-48 mo	Demonstrate advancing strength, control, and eye-hand coordination	
	36-48 mo	Use strength and control to perform simple tasks	
	48 mo+	Use eye-hand coordination to perform simple tasks	
	48 mo+	Imitate writing by scribbling, usually without regard to direction or location	
	48 mo+	Show beginning control of writing, drawing, and art tools	
	48 mo+	Persist in accomplishing more difficult fine motor tasks	
	48 mo+	Progress in abilities to use writing, drawing, and art tools and various types of technology	

Health and Well-Being

	36-48 mo	Show increased physical growth, strength, stamina, and flexibility	
	36-48 mo	Demonstrate increased participation in self-care	
	36-48 mo	Demonstrate personal health and hygiene skills and understand that those practices help to maintain good health	
	48 mo+	Show awareness of healthy eating habits	
	48 mo+	Participate actively in games, outdoor play, and other forms of exercise	
	48 mo+	Identify harmful objects, substances, or behaviors	
	48 mo+	Be aware of and follow universal safety rules	
	48 mo+	Perform self-care tasks independently	
	48 mo+	Identify body parts and understand their functions	
	48 mo+	Demonstrate the stamina and energy to participate in daily activities	