

# Some of the skills we teach related to Physical Development



Range 1: Reaches out for, touches and begins to hold objects, developing able to release grasp



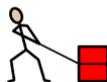
Range 1: When lying on tummy becomes able to lift first head and then chest



Range 1: expressing and responding through body movements, gesture, facial expression and vocalisations



Range 1: Makes movements with arms and legs which gradually become more controlled



Range 2: Pushes, pulls, lifts and carries objects, moving them around and placing with intent



Range 2: Becomes adept at changing position from crawling to sitting in order to stop, pick up, handle and investigate objects



Range 2: Enjoys finger and toe rhymes and games.



Range 2: Enjoys the sensory experience of making marks in food, sand or paint etc



Range 3: Hands start to operate independently during a task that uses both, with each hand doing something different



Range 3: Changes position from standing to squatting and sitting with little effort



Range 3: Shows interest, dances and sings to music rhymes and songs



Range 3: When holding crayons, chinks etc, makes connections between movements and marks



Range 4: Shows increasing control in holding, using and manipulating a range of tools and objects



Range 4: Sits up from lying, stand up from sitting and squats to rest, rises to feet without using hands



Range 4: Moves in response to music, or rhythms played on instruments



Range 4: Holds mark-making tools with thumb and all fingers

Includes Mark Making