## **GROSS MOTOR SKILLS**

Gain the agility and large-muscle control needed to maneuver around spaces with myriad physical obstacles and challenges.

Dalets

Gimels

"I can use my body to explore the world."

"My body can be part of a group."

Catch and throw a small ball with one or both hands

Hop on alternating feet

Climb up and down the stairs, holding the railing, and alternating feet

Peddle and steer a tricycle/bike

Walk over varied surfaces without falling while holding hands at waist or holding an object with both hands

Catch, throw, and bounce a ball in preparation to play team ball sports

Do a somersault, skip, and trot

Climb up and down playground ladders independently

Pedal and steer a tricycle/bike around obstacles

Navigate an obstacle course while jumping over objects and making sharp turns; easily start and stop movements

Bets

"I can stay upright and control my body."

Catch and throw a ball with both hands

Walk on tip toes, jump on 2 feet

Walk upstairs, holding the railing, not consistently alternating feet

Peddle a tricycle/bike

Run increasing distances with coordinated upper and lower body movements