

Early Learning Goals Checklist

Physical Development

(Adapted from Teaching Young Children
by Dianne Miller Nielsen)

Developmental Goal	Lesson Descriptions/Dates Goal Addressed			
Develops the ability to travel in different ways in a group without bumping into others or falling down.				
Demonstrates clear contrasts between slow and fast movements.				
Demonstrates non-locomotor movements such as bending and stretching.				
Develops the ability to balance on one foot for increasing periods of time.				
Practices self-help skills (buttoning, zipping).				
Develops eye-hand coordination.				

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Physical Development

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Developmental Goal	Lesson Descriptions/Dates Goal Addressed			
Develops the ability to walk forward and sideways on a balance beam without falling.				
Participates in active play, gaining skills related to the control of movements.				
Develops the ability to toss and catch a ball.				
Demonstrates increasing awareness of selected body parts (head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet and toes.)				