

“I Can”!

Early Learning Physical Development

- I can walk in a group in the right ways.
- I can do fast things and slow things.
- I can bend and stretch my body without moving.
- I can balance myself on one foot for longer and longer times.
- I can button my clothes.
- I can zip my clothes.
- I can try to catch things by watching them come to me.
- I can walk forward on a balance beam.
- I can walk sideways on a balance beam.
- I can make my body do what it needs to do when I play.
- I can throw a ball.
- I can catch a ball.
- I can use my body parts to help me move. (head, back, chest, waist, hips, arms, elbows, wrists, hands, fingers, legs, knees, ankles, feet and toes).