

**Below are a few ideas to consider when planning Physical Development for children age 3 Years Old to Kindergarten**

**3-4 Years**

- Provide indoor and outdoor space and opportunities to practice hopping, jumping and galloping.
- Supply materials such puzzles, pegboards, blocks, scissors and paper to support eye-hand coordination and emerging building skills.
- Support self-care skills and foster independence with equipment such as low sinks, step stools and chairs.
- Closely supervise when children are making collages with materials, such as beads or buttons where swallowing and choking are a possibility.
- Involve children with special needs.

**4 Years-Kindergarten**

- Include a variety of materials and equipment to promote movement, balance, and coordination.
- Post health and safety procedures (e.g., proper hand washing, first aid and safety).
- Include a variety of books, reading and writing materials, and other learning props that promote focusing and tracking with the eyes.
- Include props in dramatic play and books on oral health, as well as toothbrushes for children to brush their teeth after breakfast, snack, or lunch.
- Include health props for the dramatic play area, books about health issues and procedures, and materials and equipment to promote good health routines.
- Provide children with puppets, books, and dramatic play areas to encourage role-playing of a story or conflict resolution.
- Involve children with special needs.