

# Basic Foundations

## Three to Five — Physical Education and Health

Early childhood is the time for a child to begin the development of an active, healthy lifestyle. This development of skills, knowledge and attitudes that leads to such a lifestyle must be taught and should begin early in order to ensure a lifetime of good health. (*Indiana Foundations for Young Children, 2006*)

### Gross/Fine Motor and Sensory Development

Young children are learning when they —

- \* Perform gross motor skills at a basic level—a few examples are: marching, running, hopping, jumping forward with both feet together, climbing, and walking in a line one behind the other.
- \* Manipulate objects with fine motor skills at a basic level—they are able to throw and catch large balls with two hands; also able to throw an object at a target with an overhand motion.
- \* Use their thumb and forefinger to complete an art project—picking up small items to glue onto a large piece of paper, such as sequins, pompoms, and small dots for eyes and a nose.



Adults are being supportive when they —

- \* Make up motions to accompany nursery rhymes or music—teaching a pattern of clapping, stomping, and marching to the beat.
- \* Encourage the child to walk, run, hop and jump—using lines in a sidewalk or drawn lines inside or out.
- \* Provide activities that strengthen hand grasp—playing with clay and play dough, squeezing water out of a sponge, using scissors to cut paper.
- \* Encourage the child's participation in art activities that utilize pincer grasp—using thumb/forefinger to glue small pieces of paper, peel/stick stickers, picking up small objects with fingers or tweezers.

Websites for Fun and Ideas—

[www.skillbuilderonline.com](http://www.skillbuilderonline.com)

[www.freekidcrafts.com](http://www.freekidcrafts.com)

[www.preschoolpower.com](http://www.preschoolpower.com)



Based on the  
FOUNDATIONS to the Indiana Academic Standards  
for Young Children from Birth to Age 5  
Developed by the Indiana Department of Education  
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