



Gross Motor Skills Checklist for Preschoolers

BEGINNING LOCOMOTOR SKILLS

- Walking
- Running
- Galloping
- Shuffling (Side to Side)
- Skipping

JUMPING

- Jumping with Two Feet
- Jumping Over an Object (One Foot First)
- Jumping on One Foot
- Jumping Over an Object (With Two Feet)

BALANCE AND COORDINATION

- Balance on One Foot for 10 seconds
- Walk a Balance Beam
- Ride a Tricycle
- Walk Up Stairs, with Alternating Feet

TUMBLING AND PLAY

- Do a Somersat
- Do a Log Roll
- Pump on a Swing Independently
- Climb a Playground/Slide Ladder
- Throw a Ball with Some Accuracy

Preschool Motor Skill Lesson Plans

Flora



Preschool Motor Skill Lesson Plans:

Perceptual-motor Lesson Plans Jack J. Capon,1999 **The Joy of Movement** Mary Lynn Hafner,2019-01-08 The Joy of Movement is a movement activity book with a therapeutic perspective A combination of old and new games to create a purpose driven physical motor curriculum Each activity is tried and kid tested This well organized and easy to use book includes fun developmentally appropriate activities that foster physical development and build self esteem The activities are built around developmental motor milestones and are flexible enough to encourage skill development for a variety of learners

Academy of Learning: Your Complete Preschool Lesson Plan Resource - Volume 6 , **Perceptual-motor Lesson Plans, Level 1** Jack J. Capon,1975 The year s program consists of 25 weekly perceptual motor lessons designed for students in preschool kindergarten first to third grade and special education classes **Academy of Learning: Your Complete Preschool Lesson Plan Resource - Volume 1** , Academy of Learning: Your Complete Preschool Lesson Plan Resource - Volume 5 , **Academy of Learning: Your Complete Preschool Lesson Plan Resource - Volume 3** , Academy of Learning: Your Complete Preschool Lesson Plan Resource - Volume 4 , *Academy of Learning: Your Complete Preschool Lesson Plan Resource - Volume 2* , **Perceptual-motor Lesson Plans** Jack Capon, Frank Alexander,1998-06-01 This book is an intensive beginning program of perceptual motor activities for ALL your preschool to first grade students AND your special education classes Like the Level 2 book it is fully illustrated covers a 25 week period contains program background setup information evaluation scale performance objectives equipment construction diagrams or equipment sources if you don t want to make your own plus activities kids can do at home and special Perception Games the teacher can use to go along with the programed activities and especially helpful sample letters to parents and organizational forms and information in setting up your own Perceptual Motor Program Each week is made up of three activity stations and is sequenced according to difficulty Activity pages can be easily cut out laminated and used as individual activity cards **Treasury of Year-Round Preschool Activities** Deanna Reynolds,1999-11 Designed for busy teachers daycare workers and parents this book contains weekly activities lesson ideas arts and crafts and cooking activities for preschool age children **Resources in Education** ,1998 **Mainstreaming Preschoolers: Children with hearing impairment** ,1978 **Action Alphabet** Suzanne Wilkinson,Kathleen L. Herring,2005-08 Action Alphabet Fun filled action abounds through this series of obstacle courses Great for inclusion this resource uses a multi sensory teaching approach The activities build pre writing pre scissor self care and gross motor skills as children work on letter recognition and formation Every child s a winner with this approach Authors Suzanne Wilkinson and Kathy Herring **Research in Education** ,1974 **Early Learning Thematic Lesson Plans, Grades PK - 1** Flora,2010-06-11 Encourage a love of learning in students in grades PK 1 with Early Learning Thematic Lesson Plans This 160 page resource engages young learners with 32 weekly themes and more than 600 developmentally appropriate activities All of the research planning and scheduling has already been done Just open the book choose a theme

and start teaching The book includes morning circle activities a guide to children s literature and integrated activities This book supports NCTE NCTM NCSS and NAEYC standards Mental Retardation, 1977 Early Childhood Curriculum for All Learners Ann M. Selmi,Raymond J. Gallagher,Eugenia R. Mora-Flores,2014-08-12 Early Childhood Curriculum for All Learners Integrating Play and Literacy Activities is designed to teach early childhood professionals about the latest research on play and early literacy and then to show them practical methods for adapting this research to everyday classroom practices that will encourage the development of learning skills The authors link solid play based research to specific developmentally appropriate practices By combining these two areas the text demonstrates that academic learning and play activities are highly compatible and that children can and do develop academic skills through play In addition the text focuses on socio dramatic play a recently acknowledged essential aspect of child initiated play interactions It provides specific strategies that link these interactive behaviors with the early academic skills needed for the initial primary grades Implementation of the information presented in this book will enable children to experience a richer transition into primary education classrooms Project Zero Frameworks for Early Childhood Education: Project Spectrum : early learning activities Howard Gardner,David Henry Feldman,Mara Krechevsky,Jie-Qi Chen,1998-11-13 The groundbreaking work of Harvard University psychologist Howard Gardner on multiple intelligences and Tufts University psychologist David Henry Feldman on nonuniversal development is fast becoming the standard by which children s intelligence and cognitive development is understood In this landmark three volume set Mara Krechevsky and her colleagues at Project Zero make these insights available for both teachers and scholars alike This curriculum resource provides enriching activities in a wide variety of disciplines including mechanics and construction movement and music **Handbook of Research-Based Practice in Early Education** D. Ray Reutzel,2014-07-09 Written expressly for early childhood educators and those who support their professional development this handbook distills essential knowledge about how to help all PreK 3 learners succeed Leading experts describe doable ways to create effective learning environments and implement instructional practices with a strong evidence base Engaging vignettes illustrate discussions of such topics as differentiated instruction response to intervention the Common Core standards social and emotional learning assessment and teaching across the curriculum Each chapter links cutting edge research to practical applications examples and professional development activities

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