**Activity 3E**

**Developmental Checklist – Physical**

|  |  |  |
| --- | --- | --- |
| **Physical checklist observations (3-5 years old)** | | |
| **Fine Motor Skills Physical Checklist** | | |
| **Fine motor skill** | **Y/N** | **Attempting/Comments** |
| **Building a tower of approximately nine small blocks** |  |  |
| **Copying block designs of up to six blocks** |  |  |
| **Opening zip lock bags, containers, and lunch boxes** |  |  |
| **Tracing on thick lines** |  |  |
| **Using one hand consistently for most activities** |  |  |
| **Copying a circle or imitating a cross** |  |  |
| **Holding a pencil wit thumb and fingers on opposite sides of the pencil** |  |  |
| **Using the non-dominant hand to assist and stabilise objects** |  |  |
| **Threading a sequence of small beads onto string** |  |  |
| **Gross Motor Skills Physical Checklist** | | |
| **Gross Motor Skills** | **Y/N** | **Attempting/Comments** |
| **Hops, jumps, and runs with ease** |  |  |
| **Climbs steps with alternating feet** |  |  |
| **Transitioning into different positions (e.g., sitting, all fours, lying on tummy)** |  |  |
| **Imitating an adult standing on one foot** |  |  |
| **Imitating simple bilateral movements of limbs (e.g., arms up together)** |  |  |
| **Running with control** |  |  |
| **Climbing onto/down from furniture without assistance** |  |  |
| **Climbing on jungle gym and ladders**  **Pedalling a tricycle** |  |  |
| **Changing direction while walking** |  |  |
| **Walking up and down stairs with alternating feet** |  |  |
| **Jumping with two feet together five times in a row** |  |  |
| **Walking on tip toes** |  |  |
| **Picking up toys from the floor without falling over** |  |  |
| **Throwing objects with an overarm action at a target** |  |  |
| **Transfers weight when throwing or moving body quickly** |  |  |
| **Has agility and ability to change direction** |  |  |
| **Gallops and skips by leading with one foot** |  |  |