3-6 years
Article

Baby Motor Development & Stretching Exercises

MAY 31, 2022

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You’re about to send your child into Kindergarten and are probably wondering if he or she is on track physically, compared to his or her classmates. While every kid develops at a different pace, here are a few things that can help you gage where your child stands:

- By now, your child should be running, jumping, leaping, sliding, and skipping. They’ve got plenty of energy at this age, and their bodies are constantly being pushed to new limits.
- They should be able to play ball, which involves throwing a ball, and coordinating hand and foot movement when throwing it. They should also be able to catch a ball with two hands, and drop and catch a bounced ball.
- They should be able to stand on one foot for a bit of time, keeping their balance and skipping around on one foot.
- They should be able to imitate the movements (and many sounds) of various animals, be it cow, an elephant, or a dog. This can lead to lots of fun games with their friends. (TIP: Your kids still live in a fantasy world. These animals may very much be part of their imagined story! Play along with them and step into their imaginary world!)

Don’t worry if you think you’re child can’t do all of the above. What’s important at this age is exposure. Once they see other people doing things, they’ll pick up on everything quite fast.

Reference:

http://www.education.com/magazine/article/Your_Kindergartner_Should_Be_Able_To/