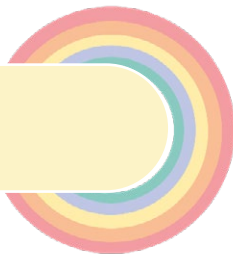


2-3 Physical Development



I Can Milestones Overview

These 'I Can' statements aim to give you an overview of what your child might be doing at this age, which might give you an idea of how you can support their development. Your child might show the development of these skills at different times or in different ways. They might even seem to skip some steps out completely! Remember, all children are different and develop at their own pace.

If you have any concerns about your child's development, please speak to your health visitor or GP.

At two to three years old, I can

throw and catch a large ball.

stand on one foot for a few seconds without holding onto anything.

use my thumb and fingers to hold mark-making tools.

thread items onto a string or shoelace.

pedal a tricycle.

walk up the stairs using one foot on each stair (maybe holding onto something for support).

fit myself into spaces such as tunnels and dens.

kick a large ball with one foot, without holding onto something for support.

feed myself and drink from a cup without spilling.

put on and take off my coat and shoes or boots.

jump forwards a little way and also into the air.

walk and run safely on different surfaces.



begin to build independently with different materials.

use a balance bike.

explore different tools and materials, learning how to hold and use them.

copy lines I watch an adult draw (side to side, up and down and in a circle) - not perfectly but clearly!

try to be more independent when I'm getting dressed or undressed.

We have put together activities designed to support your child's physical development as part of our Twinkl Tots course. The course is based around play but all activities require little to no set-up - some you can do as part of your day-to-day routine!

Disclaimer: We hope you find the information on our website and resources useful. As far as possible, the contents of this resource are reflective of current professional research. However, please be aware that every child is different and information can quickly become out of date. The information given here is intended for general guidance purposes only and may not apply to your specific situation.

