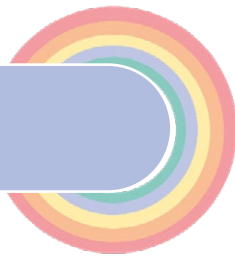


3-4 Physical Development



I Can Milestones Overview

Our 'I Can' statements aim to provide you with a general overview of some of the typical developmental milestones your child might demonstrate at this age. It's really important to remember that your child will learn in their own unique way and at their own pace, so their learning journey might look different to some of the milestones we've outlined.

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

At three to four-years-old, I can...

match my developing physical skills to tasks and activities in the setting. For example, I can decide whether to crawl, walk or run across a plank, depending on its length and width.

use large-muscle movements to wave flags and streamers, paint and make marks.

choose the right resources to carry out a plan. For example, choosing a spade to make a small hole, that I dug with a trowel, bigger.

start taking part in some group activities which I have made up myself or in a team.






skip, hop, stand on one leg and hold a pose for a game like musical statues.

continue to develop my movement, balancing, riding (scooters, trikes and bikes) and ball skills.


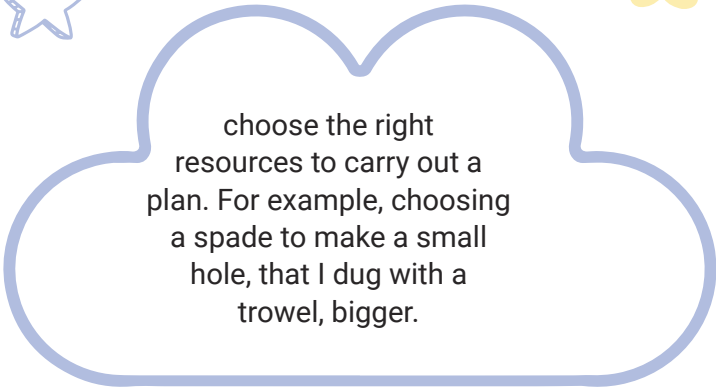
go up steps and stairs, or climb up apparatus, using alternate feet.

use and remember sequences and patterns of movements which are related to music and rhythm.






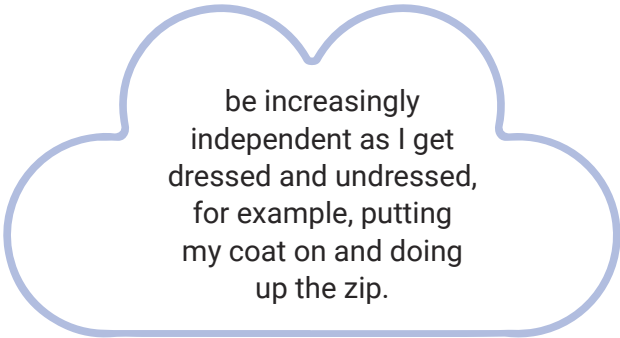
use one-handed tools and equipment, for example, making snips in paper with scissors.



choose the right resources to carry out a plan. For example, choosing a spade to make a small hole, that I dug with a trowel, bigger.



use a comfortable grip with good control when holding pens and pencils and show a preference for a dominant hand.



be increasingly independent as I get dressed and undressed, for example, putting my coat on and doing up the zip.

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: Welcome to Twinkl Tots. We hope you find the information on our course and resources useful. This course is provided for informational and educational purposes only. As all children are different and develop at their own pace, your child might show development at different times or in different ways. Our aim is simply to give you general guidance and the information may not apply to your specific situation. If you have any concerns about your child's development, please speak to your health visitor or GP.

