

Ideas for Play and Motor Development

- ⇒ Ball play: kick, catch, throw
- ⇒ Swim
- ⇒ Hop on one foot; hopscotch; jumping jacks
- ⇒ Gallop and/or skip
- ⇒ Jump forward; jump down (2 foot take off and landing)
- ⇒ Walk up and down stairs alternating feet with or without a rail
- ⇒ Ride bike (with or without training wheels)
- ⇒ Walk on uneven surfaces (hills, pea-sized gravel, etc.)
- ⇒ Play on the playground (try all height levels and support as needed)
- ⇒ Geocache—search for hidden treasure using a GPS; works on balance and strengthening skills while walking and hiking (www.geocache.com)
- ⇒ Help rake leaves; dig, plant flowers and garden plants
- ⇒ Help shovel snow; sledding
- ⇒ Help with household chores: vacuum, sweep, laundry (push/pull laundry basket), etc.

Ideas for Developing Skills for Success in School

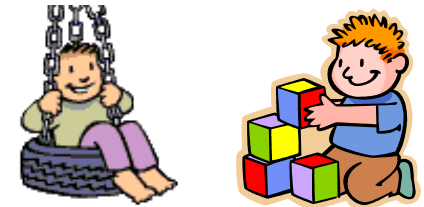
- ⇒ Color; sidewalk chalk; paint
- ⇒ Practice tracing his/her name in upper case letters, drawing lines, connecting dots
- ⇒ Open Ziploc bags, chip bags, various lidded containers
- ⇒ String beads; clip clothespins
- ⇒ Imitation games, “Simon Says”
- ⇒ Read a book, practice turning the pages
- ⇒ Knead and roll dough
- ⇒ Play board games on the floor while side sitting, on tummy, or on hands and knees
- ⇒ Practice different clothing fasteners (buttons, zippers, snaps)
- ⇒ Practice lacing and tying shoes



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Mat-Su Borough School District
Prepares Students for Success

Let's Play!



- ⇒ Children need to work both the small and the big muscles of their body.
- ⇒ Physical activity improves strength, balance, and coordination.
- ⇒ Physical activity is essential for healthy development.
- ⇒ Children need 60 minutes of play with moderate to vigorous activity every day.

Typical Developmental Milestones

31-36 months (by 3 years):

- ◇ Can copy a circle
- ◇ Can snip paper with child safe scissors
- ◇ Can jump forward 24" or down from 18" high
- ◇ Can walk on tip toes
- ◇ Can walk up stairs alternating his/her feet without using a rail
- ◇ Can play on low playground structures with supervision

37-42 months:

- ◇ Can dress self with help for clothing fasteners
- ◇ Can pour from one container to another
- ◇ Can jump forward 26"
- ◇ Can run with arms pumping and pushes off with toes
- ◇ Can walk on a balance beam/curb without stepping off
- ◇ Can stand on 1 foot for 5 sec.
- ◇ Can catch a ball with both hands

43-48 months (by 4 years):

- ◇ Can dress and undress self when requested
- ◇ Can walk down stairs alternating feet without holding rail
- ◇ Can hop on one foot
- ◇ Can jump forward at least 30"
- ◇ Can play on medium height playground structures with supervision

49-54 months:

- ◇ Can copy a square
- ◇ Can cut a large circle using scissors
- ◇ Can walk backwards on curb without stepping off
- ◇ Can gallop
- ◇ Can jump forward 36"
- ◇ Can throw a small ball overhand to another person and catch a small ball

55-60 months (by 5 years):

- ◇ Can neatly fold a piece of paper
- ◇ Can tie shoes
- ◇ Can draw a person with 6 or more parts
- ◇ Can skip
- ◇ Can play on all playground climbing and swinging structures

Childfind Screening

- This is a **free** screening to check your child's development.
- Please call (907) 746-9222 to schedule an appointment.
- The child should wear or bring tennis shoes.

Project Childfind includes a screening to identify any educational or physical needs that must be addressed to enable the child to fully benefit from an educational program. Children with disabilities protected under the Individuals with Disabilities Education Act or Section 504 of the Rehabilitation Act may require special support services that can be provided through the Mat-Su School District.

A Childfind team screens the child in the areas of:

- speech and language development,
- pre-academic skills,
- gross and fine motor skills,
- vision,
- hearing,
- social/emotional development,
- and general health.

Anyone living within the Borough who has a concern about his or her child's development is urged to take advantage of this free service.

Information regarding the Mat-Su School District's procedures for evaluation and placement of students with disabilities may be obtained at any school in the Mat-Su Borough or at the Student Support Services office at 501 N. Gulkana, Palmer, Alaska 99645.

Project Childfind is being offered jointly by the Mat-Su Borough School District and the Mat-Su Services for Children and Adults, Inc.

Changes to the dates and locations will be announced in The Frontiersman and KMBQ (99.7 FM) Radio.

Call (907) 746-9222 for further information
Or e-mail Karen.Stuart@matsuk12.us
Or visit <http://www.matsuk12.us/Page/976>