



Aligning Standards

Head Start Standards:

<http://eclkc.ohs.acf.hhs.gov/hslc/standards/hspps/1304>

- 45 CFR 1304.21 (a)(1)(i)(iii)
- 45 CFR 1304.21 (a)(5)(i)(ii)(iii)
- 45 CFR 1304.21 (a)(6)
- 45 CFR 1304.40 (b)(1)(iii)
- 45 CFR 1304.40 (b)(3)(i)(ii)

Caring for Our Children Basics:

Health Promotion and Protection

3.1.3.1 Active Opportunities for Physical Activity: Programs should promote developmentally appropriate active play for all children, including infants and toddlers, every day. Children should have opportunities to engage in moderate to vigorous activities indoors and outdoors, weather permitting.

NAFCC Standards

Physical Development

- 3.55 Children are engaged in large motor activities for at least 30 minutes in each half day either indoors or outdoors. These activities may occur at one time or may be accumulated during each half day.
- 3.56 When they are awake and alert, non-crawling infants spend short periods, of three to five minutes, in each half day, with the provider in supervised time on their tummies. Time may be increased as the infant develops and gains more head and neck control.
- 3.57 Children have daily opportunities for developmentally appropriate small-motor activities, such as grasping, scribbling, cutting with scissors, buttoning, tying shoes, using art materials, or playing with manipulatives.
- 3.58 Children, especially infants and toddlers, have rich experiences throughout the day using their senses- seeing, hearing, tasting, smelling, and touching.

TSG Indicators:

Physical

- 4. Demonstrates traveling skills
- 5. Demonstrates balancing skills
- 7. Demonstrates fine-motor strength and coordination
 - Uses fingers and hands

Resources:

Early Learning and School Readiness: Physical Development Tip Sheet

<https://eclkc.ohs.acf.hhs.gov/sites/default/files/pdf/ts-physical-development-eng.pdf>