Developing Physical Skills For School Readiness

Physical development involves developing control over the body, particularly muscles and physical coordination.

Development includes:

- run, jump and balance
- use equipment such as balls and climbing equipment
- use pencils, crayons, textas, glue and scissors
- ball control
- confidently run, skips, climbs and jumps
- confidently balance and walk a beam using alternative feet
- a dominant foot that coincides with the dominant hand
- established a dominant hand preference and grip
- correct grip and use of scissors
- detailed and recognisable drawings with attention to detail.