

PLAY GYM

DEVELOPMENTAL MILESTONES

1 to 2 1/2 years old (Walking)

Physical & Gymnastics Skills Development

Can run and stomp

Can squat and stand up without using hands

Can kick and throw a ball

Can climb up and down mats without assistance

Log roll on wedge mat

Carries objects from one place to another and places them in a designated area

Can step over objects, NOT on them

Can hang on the bar, unassisted

Attempts to balance on one foot

Social Development

Actively engages in circle time activities

Plays alongside other children and not just parent/caregiver

Not always dependent on parent/caregiver for reassurance

Cognitive Development

Stacks things up (4 or more blocks) and doesn't knock them down

Knows body parts and can point to them in a game

Can "put away" playthings

Can follow simple 2 step directions - "pick up your bean bag and bring it to me"

Emotional Development

Does not throw temper tantrum when tired or frustrated

Is not anxious when separated from parent/caregiver for short periods of time

Does not hide behind parent/caregiver when another adult is talking to them

