School Readiness........................Getting Ready for Kindergarten

In the preschool years, you can give your child many opportunities to practice and build school readiness skills. These are the skills that will help prepare your child for a successful kindergarten experience.

Large Motor Skills

How does your child move her body?
Does she have opportunities for physical activity?

Before entering kindergarten, children should have many opportunities to move, be active, and practice a variety of large muscle skills:

- Running
- Jumping
- Hopping
- Marching
- Throwing

You can support your child’s large motor skills when you:

Encourage your child to move! Give him opportunities to run, hop, march, jump, throw, climb, gallop, dance, etc.

Make physical activity a part of your daily routine.

Dance to the music. Provide a variety of music and a variety of props--scarves, hoops, ribbons, feathers, crepe paper--and let your child be creative with her dance movement.

Play movement games. Red Rover, Red Rover, Simon Says, Follow the Leader, Mother May I? Duck, Duck, Gray Duck, Red Light, Green Light, and Tag will offer many different types of movement for your child.

Throw, kick, and catch. Let your child practice throwing, kicking, and catching with a variety of items--different sized balls, bean bags, shower puffs, crumpled newspaper.

Walk like a monkey. With your child, imitate the ways animals move. Walk like a monkey and walk on all fours with straight arms, hop on all fours like a frog, crawl sideways like a crab, keep your arms stiff and feet turned out like a penguin, jump forward with both legs like a kangaroo, and so on.

Do physical chores together. Sweep the floor, make the bed, carry laundry baskets, rake leaves, or shovel snow.