

<p>2.3 Jump for height (up or down) and for distance with beginning competence.</p>	<p>2.3 Jump for height (up or down) and for distance with increasing competence. Uses arm swing to aid forward jump.</p>
<p>Teacher Guides Just for Threes Extension Activities p. 14 Math Board More Songs, Chants, Rhymes, and Games p. 3 Animals p. 31 Jump or Jiggle p. 33 Like an Animal Marvelous Me! Investigation p. 15 I Can Do It! p. 22 J is for Jump p. 25 Movin' and Groovin'</p> <p>Let's Investigate! p. 36 Gross Motor Skills p. 36 Outdoor Play p. 149 Gross Motor Skills: The Athlete in You p. 165 Gross Motor Skills: Exercise Like Manny pp. 180–181 Readiness: Direction and Position</p> <p>Components Outdoor Creative Play and Learning Cards Card 4: Let's Be Frogs</p>	<p>Teacher Guides Let's Investigate! p. 36 Gross Motor Skills p. 36 Outdoor Play p. 149 Gross Motor Skills: The Athlete in You p. 165 Gross Motor Skills: Exercise Like Manny pp. 180–181 Readiness: Direction and Position</p> <p>Under Construction p. 38 Rocks p. 68 Music: Let's Dance</p> <p>Healthy You p. 34 Outdoor Play p. 39 How Shall I Move? p. 73 Movement: Jump and Jive p. 85 Science: Animal Exercises</p> <p>Finny, Feathery, Furry Friends p. 34 Gross Motor Skills p. 34 Outdoor Play</p> <p>Components Outdoor Creative Play and Learning Cards Card 4: Let's Be Frogs</p>
<p>2.4 Begin to demonstrate a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.</p>	<p>2.4 Demonstrate increasing ability and body coordination in a variety of locomotor skills, such as galloping, sliding, hopping, and leaping.</p>
<p>Teacher Guides Just for Threes Extension Activities p. 31 Hear the Beat p. 38 Manny Match More Songs, Chants, Rhymes, and Games p. 3 Animals p. 4 The Bear Went Over the Mountain p. 31 Jump or Jiggle p. 33 Like an Animal Marvelous Me! Investigation p. 15 I Can Do It! p. 22 J is for Jump p. 25 Movin' and Groovin'</p> <p>Let's Investigate! p. 143 Gross Motor Skills: The Dancer in You p. 149 Gross Motor Skills: The Athlete in You p. 180 Readiness: Direction and Position</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let's Be Frogs Card 6: Click Clack, Down the Track</p>	<p>Teacher Guides Let's Investigate! p. 143 Gross Motor Skills: The Dancer in You p. 149 Gross Motor Skills: The Athlete in You p. 180 Readiness: Direction and Position</p> <p>Under Construction p. 34 Outdoor Play p. 39 Giant Steps</p> <p>Healthy You p. 39 How Shall I Move? p. 59 Listening: Teddy Bear p. 73 Movement: Jump and Jive p. 88 Movement: Healthy Food Hopscotch</p> <p>Finny, Feathery, Furry Friends p. 39 How Shall I Move? p. 108 Music: The Bear Went Over the Mountain</p> <p>Splash and Dig p. 93 Music and Movement: Sea Limbo</p> <p>Watch It Grow p. 93 Music and Movement: Hot Potato</p>

<p>Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>	<p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let's Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>
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Physical Development	
Fundamental Movement Skills	
3.0 Manipulative Skills	
<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<p>3.1 Begin to show gross motor manipulative skills by using arms, hands, and feet, such as rolling a ball underhand, tossing underhand, bouncing, catching, striking, throwing overhand, and kicking.</p>	<p>3.1 Show gross motor manipulative skills by using arms, hands, and feet with increased coordination, such as rolling a ball underhand, tossing underhand, bouncing, catching, striking, throwing overhand, and kicking.</p>
<p>Teacher Guides Just for Threes Extension Activities p. 10 Healthy You Investigation</p> <p>Let's Investigate! p. 36 Gross Motor Skills p. 36 Outdoor Play p. 143 Gross Motor Skills: The Dancer in You p. 149 Gross Motor Skills: The Athlete in You</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let's Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>	<p>Let's Investigate! p. 36 Gross Motor Skills p. 36 Outdoor Play p. 143 Gross Motor Skills: The Dancer in You p. 149 Gross Motor Skills: The Athlete in You</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let's Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>
<p>3.2 Begin to show fine motor manipulative skills using hands and arms such as in-hand manipulation, writing, cutting, and dressing.</p>	<p>3.2 Show increasing fine motor manipulative skills using hands and arms such as in-hand manipulation, writing, cutting, and dressing.</p>
<p>Teacher Guides Just for Threes Extension Activities p. 24 Introduce Triangles p. 24 Introduce Squares p. 25 Introduce Circles p. 28 Make Your Own Stick Puppets: Part 1 p. 29 Make Your Own Stick Puppets: Part 2 p. 32 Shapes in Art Marvelous Me! Investigation p. 14 Me and My Shadow</p> <p>Let's Investigate! p. 39 Establish Good Table Manners p. 47 Painting Pals p. 47 Initial Prints p. 61 Dip Dilly's Colors p. 111 Science: Experiment with Magnets p. 183 Math: Cut to Size p. 160 Social Studies: We Know What We Need</p> <p>Investigate Math p. 23 Measuring Height</p>	<p>Teacher Guides Let's Investigate! p. 39 Establish Good Table Manners p. 47 Painting Pals p. 47 Initial Prints p. 61 Dip Dilly's Colors p. 111 Science: Experiment with Magnets p. 183 Math: Cut to Size p. 160 Social Studies: We Know What We Need</p> <p>Under Construction p. 42 Math: Build a Pattern p. 44 Building Plans</p> <p>Healthy You p. 41 Look at Me! p. 41 Me Books p. 42 Geoboards p. 43 Science: What Can My Muscles Do? p. 45 Animal Puppets pp. 62–63 Early Writing pp. 110–111 Shared Writing p. 126 Storytelling Classics</p>

<p>p. 32 Dominoes p. 33 Tangram Puzzles</p> <p>Components Center Cards Under Construction Math Center: Build a Pattern Under Construction Social Studies Center: Building Plans</p>	<p>Finny, Feathery, Furry Friends p. 41 Animal Riddle Books p. 48 Build a Farm pp. 62–63 Early Writing</p> <p>Splash and Dig pp. 62–63 Early Writing pp. 70–71 Shared Writing p. 129 Art: Sculpt a Story Scene</p> <p>Watch It Grow p. 124 Social and Emotional: Kabob Crew</p> <p>Investigate Math p. 23 Measuring Height p. 32 Dominoes p. 33 Tangram Puzzles</p> <p>Components Center Cards Under Construction Math Center: Build a Pattern Under Construction Social Studies Center: Building Plans</p>
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Physical Development	
Perceptual–Motor Skills and Movement Concepts	
1.0 Body Awareness	
<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<p>1.1 Demonstrate knowledge of the names of body parts.</p> <p>Teacher Guides Just for Threes Extension Activities p. 10 Healthy You Investigation More Songs, Chants, Rhymes, and Games p. 12 Game: Chuck Says (Version 2) p. 58 Game: Statues p. 65 Song: Wading in the Water Marvelous Me! Investigation pp. 1–2 I Can Bend and Move p. 9 My Five Senses</p> <p>Let’s Investigate! pp. 158–159 Readiness: Left and Right</p>	<p>1.1 Demonstrate knowledge of an increasing number of body parts.</p> <p>Teacher Guides Let’s Investigate! pp. 154–155 Literacy</p> <p>Healthy You p. 40 The Body Song p. 41 Look at Me! p. 56 Oral Language p. 58 Oral Language: Chuck Say p. 59 Oral Language: Statues p. 64 Science: What’s Inside Me? pp. 70–71 Shared Writing pp. 76–77 Oral Language p. 109 Art: Shape People</p>

Physical Development	
Perceptual–Motor Skills and Movement Concepts	
2.0 Spatial Awareness	
<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<p>2.1 Use own body as reference point when locating or relating to other people or objects in space.</p>	<p>2.1 Use own body, general space, and other people’s space when locating or relating to other people or objects in space.</p>
<p>Teacher Guides Just for Threes Extension Activities p. 6 Under Construction Investigation More Songs, Chants, Rhymes, and Games p. 4 The Bear Went Over the Mountain Marvelous Me! Investigation p. J is for Jump</p> <p>Let’s Investigate! p. 36 Outdoor Play p. 36 Gross Motor Skills p. 90 Readiness: JT’s Near or Far p. 156 Readiness: Left and Right pp. 157–158 Readiness: Left and Right p. 165 Gross Motor Skills: Exercise Like Manny p. 178 Readiness: Opposites pp. 180–181 Readiness: Direction and Position p. 187 Listening: Chuck Says pp. 234–235 Scavenger Hunt</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>	<p>Teacher Guides Let’s Investigate! p. 36 Outdoor Play</p> <p>Healthy You p. 43 Science: What Can My Muscles Do?</p> <p>Watch It Grow p. 93 Music and Movement: Hot Potato</p> <p>Weather Watchers p. 120 Everyday Literacy: Sound Bounce p. 124 Math: The Numbers 0 to 10</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>

Physical Development	
Perceptual–Motor Skills and Movement Concepts	
3.0 Directional Awareness	
<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<p>3.1 Distinguish movements that are up and down and to the side of the body (for example, understands “use that side, now the other side”).</p>	<p>3.1 Begin to understand and distinguish between the sides of the body.</p>
<p>Teacher Guides Just for Threes More Songs, Chants, Rhymes, and Games p. 9 The Caterpillar p. 15 Did You Ever See a Gator? p. 57 The Squirrel</p> <p>Let’s Investigate! p. 140 Gross Motor Skills: The Athlete in You p. 156 Readiness: Left and Right pp. 158–59 Readiness: Left and Right p. 187 Listening: Chuck Says</p>	<p>Teacher Guides Let’s Investigate! p. 140 Gross Motor Skills: The Athlete in You p. 156 Readiness: Left and Right pp. 158–59 Readiness: Left and Right p. 187 Listening: Chuck Says</p> <p>Healthy You p. 36 Daily Stretches p. 57 Oral Language: Sing an Action Song p. 133 Literacy and Math: Balloon Toss</p>
<p>3.2 Move forward and backward or up and down easily.</p>	<p>3.2 Can change directions quickly and accurately.</p>
<p>Teacher Guides Just for Threes More Songs, Chants, Rhymes, and Games p. 3 Animals p. 8 The Carpenter’s Tools p. 15 Did You Ever See a Gator? Marvelous Me! Investigation p. 22 J is for Jump</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>	<p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>
<p>3.3 Can place an object on top of or under something with some accuracy.</p>	<p>3.3 Can place an object or own body in front of, to the side, or behind something else with greater accuracy.</p>
<p>Teacher Guides Just for Threes Extension Activities p. 32 Shapes in Art More Songs, Chants, Rhymes, and Games p. 14 Day at the Beach Marvelous Me! p. 18 All Sorts of Clothes Folk Tale Classics p. 3 Social Studies: The Three Little Pigs Build Houses</p> <p>Let’s Investigate!</p>	<p>Teacher Guides Let’s Investigate! p. 44 Guess My Direction p. 156 Readiness: Left and Right p. 178 Readiness: Opposites pp. 180–181 Readiness: Direction and Position p. 187 Listening: Chuck Says p. 160 Social Studies: We Know What We Need p. 183 Math: Cut to Size p. 234 Scavenger Hunt: Try It and Try Again</p> <p>Under Construction p. 43 Go! Go! Go!</p>

<p>p. 44 Guess My Direction p. 156 Readiness: Left and Right p. 178 Readiness: Opposites pp. 180–181 Readiness: Direction and Position p. 187 Listening: Chuck Says p. 160 Social Studies: We Know What We Need p. 183 Math: Cut to Size p. 234 Scavenger Hunt: Try It and Try Again</p> <p>Components Center Cards Let's Investigate! Block Center: Build a Tree House Under Construction Blocks Center: Block Town Under Construction Math Center: Build a Pattern Under Construction Social Studies Center: Building Plans Weather Watchers Blocks Center: Strong Winds</p> <p>Outdoor Creative Play and Learning Cards Card 6: Click Clack, Down the Track Card 11: Chariot Races</p>	<p>p. 47 Sand Construction p. 48 Mega-Block Houses p. 118 Oral Language: Push and Pull</p> <p>Healthy You p. 32 Letters</p> <p>Finny, Feathery, Furry Friends p. 80 Syllable Stack Up</p> <p>Components Center Cards Let's Investigate! Block Center: Build a Tree House Under Construction Blocks Center: Block Town Under Construction Math Center: Build a Pattern Under Construction Social Studies Center: Building Plans Weather Watchers Blocks Center: Strong Winds</p> <p>Outdoor Creative Play and Learning Cards Card 6: Click Clack, Down the Track Card 11: Chariot Races</p>
<p>3.4 Use any two body parts together.</p>	<p>3.4 Demonstrate more precision and efficiency during two-handed fine motor activities.</p>
<p>Teacher Guides Just for Threes More Songs, Chants, Rhymes, and Games p. 9 The Caterpillar p. 14 Day at the Beach p. 17 The Farmyard p. 21 Here Is a Beehive p. 26 The I Can Song p. 36 Little Turtle p. 41 My House Marvelous Me! Investigation p. 22 J is for Jump</p> <p>Let's Investigate! p. 47 Initial Prints p. 160 Social Studies: We Know What We Need p. 183 Math: Cut to Size</p> <p>Components Center Cards Let's Investigate! Art Center: Initial Prints Under Construction Blocks Center: Block Town Under Construction Math Center: Build a Pattern</p>	<p>Teacher Guides Let's Investigate! p. 47 Initial Prints p. 160 Social Studies: We Know What We Need p. 183 Math: Cut to Size</p> <p>Under Construction p. 42 Math: Build a Pattern</p> <p>Healthy You p. 43 Science: What Can My Muscles Do?</p> <p>Finny, Feathery, Furry Friends p. 84 Social Studies: Shopping List p. 84 Math: The Number 5</p> <p>Splash and Dig p. 43 Science: Moving Water with a Sponge</p> <p>Watch It Grow p. 124 Social and Emotional: Kabob Crew</p> <p>Weather Watchers p. 129 Art: Four Seasons Mobile</p> <p>Components Center Cards Let's Investigate! Art Center: Initial Prints Under Construction Blocks Center: Block Town Under Construction Math Center: Build a Pattern</p>

Physical Development	
Active Physical Play	
1.0 Active Participation	
<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<p>1.1 Initiate or engage in simple physical activities for a short to moderate period of time.</p> <p>Teacher Guides Just for Threes Extension Activities p. 9 Under Construction Investigation p. 10 Healthy You Investigation More Songs, Chants, Rhymes, and Games p. 19 Frog, Frog, Gator p. 71 Who Took the Cookie from the Cookie Jar? p. 73 Zoned for Bees Marvelous Me! Investigation pp. 1–2 I Can Bend and Move p. 6 Sounds All Around Me p. 22 J is for Jump p. 25 Movin’ and Groovin’</p> <p>Let’s Investigate! p. 34 Gross Motor Skills p. 34 Outdoor Play p. 73 Dramatic Play: The Imagination in You p. 143 Gross Motor Skills: The Dancer in You p. 165 Gross Motor: Exercise Like Manny pp. 180–181 Readiness: Direction and Position</p> <p>Building Social and Emotional Skills p. 34 Gross Motor: Marching Band p. 35 Gross Motor: Bubble Shapes p. 35 Gross Motor: Let’s Be Frogs p. 36 Gross Motor: Click Clack, Down the Track p. 36 Gross Motor: A Beach Ball Kind of Day p. 37 Gross Motor: Hula Hoops in a Row p. 37 Gross Motor: Chariot Races p. 38 Gross Motor: Hen, Chicks, and Fox p. 39 Gross Motor: Obstacle Course p. 40 Gross Motor: Hot Potatoes! p. 40 Gross Motor: Follow the Footsteps</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>	<p>1.1 Initiate more complex physical activities for a sustained period of time.</p> <p>Teacher Guides Let’s Investigate! p. 34 Gross Motor Skills p. 34 Outdoor Play p. 73 Dramatic Play: The Imagination in You p. 143 Gross Motor Skills: The Dancer in You p. 165 Gross Motor: Exercise Like Manny pp. 180–181 Readiness: Direction and Position</p> <p>Healthy You p. 36 Daily Stretches p. 43 Science: What Can My Muscles Do? pp. 54–55 Investigation Station p. 79 Oral Language: Play Time p. 85 Science: Animal Exercises p. 108 Music and Movement: Dance to the Music</p> <p>Splash and Dig p. 34 Gross Motor Skills p. 34 Outdoor Play p. 93 Music and Movement: Sea Limbo</p> <p>Building Social and Emotional Skills p. 34 Gross Motor: Marching Band p. 35 Gross Motor: Bubble Shapes p. 35 Gross Motor: Let’s Be Frogs p. 36 Gross Motor: Click Clack, Down the Track p. 36 Gross Motor: A Beach Ball Kind of Day p. 37 Gross Motor: Hula Hoops in a Row p. 37 Gross Motor: Chariot Races p. 38 Gross Motor: Hen, Chicks, and Fox p. 39 Gross Motor: Obstacle Course p. 40 Gross Motor: Hot Potatoes! p. 40 Gross Motor: Follow the Footsteps</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>

Physical Development	
Active Physical Play	
2.0 Cardiovascular Endurance	
<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<p>2.1 Engage in frequent bursts of active play that involves the heart, the lungs, and the vascular system.</p> <p>Teacher Guides Just for Threes Extension Activities p. 9 Under Construction Investigation p. 10 Healthy You Investigation More Songs, Chants, Rhymes, and Games p. 19 Frog, Frog, Gator p. 71 Who Took the Cookie from the Cookie Jar? p. 73 Zoned for Bees Marvelous Me! Investigation pp. 1–2 I Can Bend and Move p. 6 Sounds All Around Me p. 22 J is for Jump p. 25 Movin’ and Groovin’</p> <p>Let’s Investigate! p. 34 Gross Motor Skills p. 34 Outdoor Play p. 73 Dramatic Play: The Imagination in You p. 143 Gross Motor Skills: The Dancer in You p. 165 Gross Motor: Exercise Like Manny pp. 180–181 Readiness: Direction and Position</p> <p>Building Social and Emotional Skills p. 34 Gross Motor: Marching Band p. 35 Gross Motor: Bubble Shapes p. 35 Gross Motor: Let’s Be Frogs p. 36 Gross Motor: Click Clack, Down the Track p. 36 Gross Motor: A Beach Ball Kind of Day p. 37 Gross Motor: Hula Hoops in a Row p. 37 Gross Motor: Chariot Races p. 38 Gross Motor: Hen, Chicks, and Fox p. 39 Gross Motor: Obstacle Course p. 40 Gross Motor: Hot Potatoes! p. 40 Gross Motor: Follow the Footsteps</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>	<p>2.1 Engage in sustained active play of increasing intensity that involves the heart, the lungs, and the vascular system.</p> <p>Teacher Guides Let’s Investigate! p. 34 Gross Motor Skills p. 73 Dramatic Play: The Imagination in You p. 165 Gross Motor: Exercise Like Manny</p> <p>Under Construction p. 34 Gross Motor Skills</p> <p>Healthy You p. 36 Daily Stretches p. 43 Science: What Can My Muscles Do? pp. 54–55 Investigation Station p. 79 Oral Language: Play Time p. 85 Science: Animal Exercises</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>

Physical Development	
Active Physical Play	
3.0 Muscular Strength, Muscular Endurance, and Flexibility	
<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
<p>3.1 Engage in active play activities that enhance leg and arm strength, muscular endurance, and flexibility.</p> <p>Teacher Guides Just for Threes Extension Activities p. 9 Under Construction Investigation p. 10 Healthy You Investigation More Songs, Chants, Rhymes, and Games p. 19 Frog, Frog, Gator p. 71 Who Took the Cookie from the Cookie Jar? p. 73 Zoned for Bees Marvelous Me! Investigation pp. 1–2 I Can Bend and Move p. 6 Sounds All Around Me p. 22 J is for Jump p. 25 Movin’ and Groovin’</p> <p>Let’s Investigate! p. 34 Gross Motor Skills p. 34 Outdoor Play p. 73 Dramatic Play: The Imagination in You p. 143 Gross Motor Skills: The Dancer in You p. 165 Gross Motor: Exercise Like Manny pp. 180–181 Readiness: Direction and Position</p> <p>Building Social and Emotional Skills p. 34 Gross Motor: Marching Band p. 35 Gross Motor: Bubble Shapes p. 35 Gross Motor: Let’s Be Frogs p. 36 Gross Motor: Click Clack, Down the Track p. 36 Gross Motor: A Beach Ball Kind of Day p. 37 Gross Motor: Hula Hoops in a Row p. 37 Gross Motor: Chariot Races p. 38 Gross Motor: Hen, Chicks, and Fox p. 39 Gross Motor: Obstacle Course p. 40 Gross Motor: Hot Potatoes! p. 40 Gross Motor: Follow the Footsteps</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>	<p>3.1 Engage in increasing amounts of active play activities that enhance leg and arm strength, muscular endurance, and flexibility.</p> <p>Teacher Guides Let’s Investigate! p. 34 Gross Motor Skills p. 34 Outdoor Play p. 73 Dramatic Play: The Imagination in You p. 143 Gross Motor Skills: The Dancer in You p. 165 Gross Motor: Exercise Like Manny pp. 180–181 Readiness: Direction and Position</p> <p>Under Construction p. 34 Gross Motor Skills</p> <p>Healthy You p. 36 Daily Stretches p. 43 Science: What Can My Muscles Do? pp. 54–55 Investigation Station p. 79 Oral Language: Play Time p. 85 Science: Animal Exercises p. 108 Music and Movement: Dance to the Music</p> <p>Splash and Dig p. 34 Gross Motor Skills p. 34 Outdoor Play p. 93 Music and Movement: Sea Limbo</p> <p>Building Social and Emotional Skills p. 34 Gross Motor: Marching Band p. 35 Gross Motor: Bubble Shapes p. 35 Gross Motor: Let’s Be Frogs p. 36 Gross Motor: Click Clack, Down the Track p. 36 Gross Motor: A Beach Ball Kind of Day p. 37 Gross Motor: Hula Hoops in a Row p. 37 Gross Motor: Chariot Races p. 38 Gross Motor: Hen, Chicks, and Fox p. 39 Gross Motor: Obstacle Course p. 40 Gross Motor: Hot Potatoes! p. 40 Gross Motor: Follow the Footsteps</p> <p>Components Outdoor Creative Play and Learning Cards Card 1: Marching Band Card 4: Let’s Be Frogs Card 6: Click Clack, Down the Track Card 7: A Beach Ball Kind of Day Card 8: Animal Charades Card 10: Hula Hoops in a Row Card 16: Obstacle Course</p>

Health	
Nutrition	
3.0 Self-Regulation of Eating	
<i>At around 48 months of age</i>	<i>At around 60 months of age</i>
3.1 Indicate awareness of own hunger and fullness.	3.1 Indicate greater awareness of own hunger and fullness.
<p>Teacher Guides</p> <p>Marvelous Me! pp. 20–21 I Can Take Care of Myself p. 23 Build a Snack</p> <p>Folk Tale Classics p. 17 Health: Healthy Foods</p> <p>Let’s Investigate! p. 39 Snacks</p>	<p>Teacher Guides</p> <p>Let’s Investigate! p. 39 Snacks</p> <p>Under Construction p. 37 Nuts and Bolts p. 37 Rice Cake Rocks p. 37 Applesauce Surprise</p> <p>Healthy You p. 37 Trying New Foods p. 37 Feast for the Senses!</p> <p>Watch It Grow p. 37 Drink Your Milk!</p> <p>Weather Watchers p. 37 Rainbow Salad p. 37 Trail Mix</p>