

Long Range Goals for 4 Year Olds

I. Physical

- a. Large muscle - gross
 - Catching ball - throwing ball
 - Walking on Balance Beam
 - Pumping on swings, etc.
 - Jump
 - Balance on 1 foot
 - Hanging on bars
- b. Small - fine motor
 - Pencil Grip
 - Scissors
 - Art material
 - Manipulative - pegs, puzzles
 - Pouring juice
 - Spreading snack spreads



II. Social Emotional

- Share
- Friends
- Use words to express feelings
- Learning to express feelings in appropriate manner
- Separate from parents
- Taking care of self-personal responsibility
- Cultural awareness
- Develop individuality

III. Cognitive - Beginning Skills

- Colors
- Shapes - square, rectangle, triangle, circle
- Counting and recognize numerals to 10
- Follow directions
- Grouping, sequencing - rhyming
- Increase attention span and listening skills
- Alphabet - Letter recognition & their sounds
- Recognize name
- Story comprehension

