

Long Range Goals for 5 Year Olds

I. Physical

- a. Large muscle - gross
 - Catching ball - throwing ball
 - Walking on Balance Beam
 - Pumping on swings, etc.
 - Jump (over a rope*)
 - Balance on 1 foot
 - Hanging on bars
 - Galloping
- b. Small - fine motor
 - Pencil grip & pencil pressure
 - Scissors
 - Art material
 - Manipulative - pegs, puzzles
 - Pouring juice
 - Write name using lower case letters
 - Trace on line, straight and curved

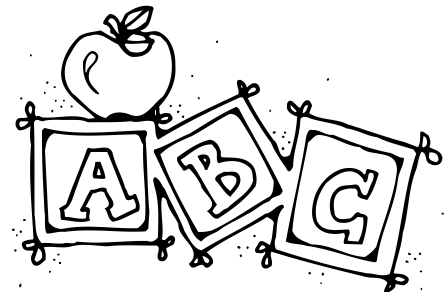


II. Social/Emotional

- 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
- Respecting property
- Attention skills
- Listening skills

III. Cognitive

- Colors (color words - 8*)
- Shapes - square, rectangle, triangle, circle
- Count to and recognize numerals to 30 (count by 5's by 10's*)
- Follow directions
- Sorting, sequencing and patterning
- Graphing
- Estimate to ten items*
- Increase attention span
- Alphabet
- Recognize name
- Story comprehension
- Difference between asking and telling*



* Kindergarten Skill