

Getting Ready for Kindergarten



FINE AND GROSS MOTOR SKILLS CHECKLIST

Things your preschooler should know or practice:

- Demonstrates basic movements: walk, run, skip, jump
- Can hop and balance on one foot
- Can distinguish between right and left
- Throws, catches, and kicks a ball
- Can take care of basic self needs: toilet, dressing, hand washing
- Practices shoelace tying
- Can build/stack using blocks or other materials
- Can assemble simple puzzles
- Can hold a writing device with 3-finger grasp
- Can use scissors appropriately
- Can use a gluestick or liquid glue correctly
- Attempts to stay in lines when coloring

