

# Long Range Goals for 4 Year Olds

## **I. Physical**

Gross motor skills

Catching/throwing ball

Walking on balance beam

Balance and hop on each foot

Run smoothly

Jump with 2 feet 8-10 times

Gallop

Fine motor skills

Pencil grip

Scissors

Manipulative (Legos, puzzles, peels stickers)

## **II. Social/Emotional**

Share space and materials with 1 to 2 peers

Use words to express feelings and frustration

Separates easily from parents

Cultural awareness

Shares pride in work and shares with others

Manners ("Please/Thank You")

## **III. Cognitive**

Colors

Shapes (square, rectangle, triangle, circle)

Counting and recognize numerals to 10

Grouping, sequencing, rhyming

Encourage creative expression and individuality

Consistently follows 1-2 directions

Works on independent personal routine

Recognize letters and sounds of alphabet

Recognize name

Story comprehension (answer questions about a teacher read story)

Increase attention span ( 8-10 mins.) and listening skills