

Long Range Goals for 5 Year Olds

I. Physical

Gross motor skills

Catching/throwing ball

Walking on balance beam

Jump with 2 feet over the rope

Balance and hop on each foot

Run smoothly

Gallop, skip

Fine motor skills

Pencil grip & adequate pressure

Scissors

Write name using upper-lower case letters

Manipulative (Legos, puzzles)

Trace on line, straight and curved

II. Social/Emotional

Share space and materials with 2 to 4 peers

Use words to express feelings and frustration

Approaches and responds to peer interactions

Cultural awareness

Respects property

III. Cognitive

Colors (color words - 8*)

Shapes (square, rectangle, triangle, circle)

Sorting, sequencing and patterning

Graphing (understands opposites)

Independence with person care

Encourage creative expression and individuality

Able to ask for help

Follow 2-3 step directions

Attends to activities for 10-20 minutes

Recognize letters and sounds of alphabet

Recognize name

Story comprehension

Syllables and rhyming

* Kindergarten Skill