Source: Nilsen, B. (1996). Week by Week: Plans for Observing & Recording Young Children. Albany, NY: Delmar

PHYSICAL DEVELOPMENT CHECKLIST (The Frost-Wortham Developmental Checklist) Gross and Fine Motor Motor Development: Preschool (Gross Movement)	Colored Pen Date Colored Pen Date Colored Pen Date		
 Catches a ball with both hands against the chest Rides a tricycle Hops on both feet several times without assistance Throws a ball five feet with accuracy Climbs up a slide and comes down Climbs by alternating feet and holding on to a handrail Stands on one foot and balances briefly Pushes a loaded wheelbarrow Runs freely with little stumbling or falling Builds a tower with nine or ten blocks 	000000000	000000000	000000000
Level IV (approx. age 4)	Introduced	Progress	Mastery
 Balances on one foot Walks a straight line forward and backward Walks a balance beam Climbs steps with alternate feet without support Climbs on a jungle gym Skips haltingly Throws, catches, and bounces a large ball Stacks blocks vertically and horizontally Creates recognizable block structures Rides a tricycle with speed and skill 	0000000000	000000000	0000000000
Level V (approx. age 5)	Introduced	Progress	Mastery
 Catches and throws a small ball Bounces and catches a small ball Skips on either foot Skips rope Hops on one foot Creates Tinkertoy and block structures Hammers and saws with some skill Walks a balance beam forward and backward Descends stairs by alternating feet 	0000000	00000000	00000000
			CONTINUE

APPENDIX D: Observation Forms 373

Source: Nilsen, B. (1996). Week by Week: Plans for Observing & Recording Young Children. Albany, NY: Delmar

Motor Development: Preschool (Fine Movement)			
evel III (approx. age 3)	Introduced	Progress	Mastery
 Places small pegs in pegboards Holds a paintbrush or pencil with the whole hand Eats with a spoon Buttons large buttons on his or her own clothes Puts on coat unassisted Strings bead with ease Hammers a pound toy with accuracy Works a three- or four-piece puzzle 	00000000	00000000	0000000
evel IV (approx. age 4)	Introduced	Progress	Mastery
 Pounds and rolls clay Puts together a five-piece puzzle Forms a pegboard design Cuts with scissors haltingly and pastes Eats with a fork correctly Holds a cup with one hand Puts a coat on a hanger or hook Manipulates large crayons and brushes Buttons and zips zippers haltingly 	00000000	00000000	00000000
evel V (approx. age 5)	Introduced	Progress	Mastery
 Cuts and pastes creative designs Forms a variety of pegboard designs Buttons buttons, zips zippers, and ties shoes Creates recognizable objects with clay Uses the toilet independently Eats independently with a knife and fork Dresses and undresses independently Holds and manipulates pencils, crayons, and brushes of various Combs and brushes hair Works a twelve-piece puzzle 	sizes	0000000000	0000000000

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