PHYSICAL ACTIVITY SPACE AND EQUIPMENT CHECKLIST

MOVEMENT OPPORTUNITIES

Implementation Scale: 1 - Not at all 2 - Partially/Mostly 3 - Fully

The existing site promotes physical activity and movement. Key features of the play space provide opportunities for children to move at varying speeds with different degrees of force and to explore ways to control their movement. They are able to move in a variety of directions and levels.

		1	**2**	**3**	**Comments**
TRAVELING SKILLS					
Walking					
Skipping					
Hopping					
Climbing					
Jumping					
Crawling					
Sliding					
Marching					
Galloping					
Running - around and in place	**DIRECTIONAL**				
Leaping	down				
MANIPULATING SKILL	up				
Throw	right				
Catch	left				
Bounce	forward				
Toss	backward				
Roll	sideways				
Kick	**LEVELS**				
Trap	low				
Open	medium				
Close	high				
Strike					
Object Handling - Lifting					
STABLIZE					
Turn					
Twist					
Squat					
Swing					

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Sway				
Push				
Pull				
Stretch				
Bend				
Shake				
Dodge				
Land				
Balance				
OTHERS				
Rocking				
Stepping				
Rolling				
Flight				
Tumble/Flip				
Hang				
Pedal				
Chase				

NATURAL FEATURES

Incorporates a variety of natural elements for children to play with. Landscape contains natural elements. Natural or artificial structures provide shade to accommodate the total number of children in the classroom. Shade can be provided by a combination of the shadow of the building, shade structures, trees, pergolas, umbrellas.

Large trees				
small trees				
tree(s) that children can climb				
shrubs				
flowering plants				
variation in ground (hills, mounds)				
grassy area				
rocks large enough to climb				
a hill for rolling down or climbing up				
shaded area with room for most children in a class				

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KEY FEATURES

A variety of developmentally appropriate play areas/learning settings to promote a diverse range of experiences for children. Materials and equipment included in the play space are designed and/or selected for children in the age range that are using them.

balancing surfaces (balance beams, boards, etc.)				
basketball hoop (s)				
climbing structures that cannot be moved (jungle gym, ladder)				
merry-go-round				
sandbox				
water play area (not including a water table)				
see-saw/teeter totter				
slide that cannot be moved				
swinging equipment (swings, ropes)				
tricycle track or paved area				
tunnels (fixed, not movable)				
benches				
picnic tables				
small stage or raised deck				
play house				

EQUIPMENT

A variety of developmentally appropriate materials made of manufactured materials to promote a diverse range of experiences for children. All materials and equipment included in play space are designed an/or selected for children in the age range that are using them. The play space has a variety of features that can be changed and/or played with in many different ways. The play space supports children being spontaneous, innovative, flexible, and creative. It supports children in solitary play as well as parallel and cooperative play.

balls - List they different types				
climbing structures (that can be moved by staff or children)				
floor play equipment (tumbling mats, etc.)				
parachute				
jumping play equipment (jump ropes, hula hoops, mini tramps)				
push/pull toys (wagon, scooters, wheelbarrow, big dump tricks, etc.				
riding toys (tricycles, cars, scooters)				
rocking or twisting toys (rocking horse, sit and spin)				

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sand/water tables				
sand/water play toys (shovels, scoops, buckets)				
slides (that can be moved by staff or children				
twirling play equipment (ribbons, scarves, batons, etc.)				
small portable pool used for swimming, splashing, or other water play				
Portable tunnels (can be moved by staff or children)				

TV
DVD/VCR
Computers
Video game system (s)