

SAMPLE
ABC CHILD CARE
PHYSICAL ACTIVITY REPORT
Caitlin

Fall Report by Peggy Jones, Head Teacher

Dear Ana and Ben,

It is so enjoyable to see Caitlin playing in our gym and on our playground. She is developing more mature physical skills, specifically including using wheel toys, throwing/catching, and running.

Here is what we have noticed: Caitlin is always one of the first to get her coat and mittens on for going outside. She smiles from ear to ear. She mastered the little tricycle in the fall, and now chooses to challenge herself for riding the bigger tricycle, sometimes carrying a passenger on the back with her. Though carrying the extra weight of the passenger, she still succeeds in getting the tricycle up the little hill on the playground. Caitlin often chooses to play on the blacktop where we have the balls and little basketball hoops. She dribbles the ball a couple of times before losing the bounce. She now looks at the ball as she catches it, which she just learned to do. She is learning to throw the ball through the air, though bouncing the ball to another person is easier for her. She catches a ball best when the ball is thrown underhand and slowly to her. She tends to catch the ball with her arms made into a basket, rather than receiving the ball with her hands. She is working on watching the ball and timing catching with the arrival of the ball. Slow, gentle throws help her learn to catch with her hands, rather than in the basket catch. Caitlin often chooses to play games with two or three children in the gym. Running is usually a feature of the games. Running very fast and stopping fast, and then running another direction are parts of the game. Chase games are among her favorites. She is a fast runner, and she challenges herself to run sideways, backwards, and around people and things. She makes up running games and includes lots of drama in those games. A common theme for her games is the volcano erupting. She encourages all the children to run from the volcanic ash.

Caitlin talks a lot about playing outside with her little brother. All of her opportunities to be physically active are certainly paying off. We see the results of her abundance of physical activity as she becomes stronger and more precise in her physical skills. Please let us know if you have ideas or questions about Caitlin's physical growth and opportunities for active physical play.

