

Core Skills Analysis

Physical Education

- The 4-year-old has improved their coordination and motor skills through the stomping and catching actions.
- The activity has enhanced the student's spatial awareness as they move around to stomp on objects and catch items thrown to them.
- The child's hand-eye coordination has been developed as they catch objects of different shapes and sizes.
- The PE activity has also contributed to the youngster's balance and agility as they stomp and move around the designated area.

Tips

For continued development, encourage the 4-year-old student to practice different variations of the stomp and catch activity. Introduce larger objects to catch, incorporate music to add rhythm to their movements, and create obstacles to navigate while stomping and catching. This will help further improve their motor skills, coordination, and overall physical development.

Book Recommendations

- [Catch That Ball!](#) by Amy Krouse Rosenthal: A fun and interactive book about catching objects, perfect for young children learning to coordinate their movements.
- [Move Your Body!](#) by Simon Basher: An engaging book that explores different movements and exercises for kids, promoting physical activity and coordination.
- [The Way I Move: Balancing](#), by Rebecca Kai Dotlich: Illustrates a variety of ways to move and balance, encouraging children to explore their physical abilities and coordination skills.