

# Munch Minute

EASY INFORMATION FOR PARENTS



## PRESCHOOLER SKILLS

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### (3-5 Years)

- Bounce and catch a ball
- Throw overhand
- Catch large objects (beach ball, scarves, balloons)
- Strike objects with some accuracy
- Balance on one foot
- Balance objects using hands or body
- Coordinate legs to skip
- Somersault and log roll
- Peddle a bike with support
- Initiate creative free play
- Begin playing with other children

**PRACTICE THESE SKILLS TOGETHER!**

