

# Kindergarten

The Big Step



## **PLEASE NOTE**

**The development charts found in this booklet are to be used as a guideline and as a reference.**

**The guidelines are “NOT” required by the Hollidaysburg Area School District.**

## INFORMATION YOUR CHILD SHOULD KNOW ABOUT HIMSELF OR HERSELF

Skill	Mastered
Knows first, middle, and last name	
Knows age and birthdate	
Knows telephone number	
Knows address, including street, city, and state	
Knows names of parts of body (eyes, nose, mouth, lips, thumb, finger, knuckle, hips, shoulders, shin, ankle, elbow, thigh, throat, chest)	
Knows mother's and father's first and last names	
Knows what kind of work father does	
Knows what kind of work mother does	
Knows names and ages of brothers and sisters	



## LISTENING AND FOLLOWING DIRECTIONS

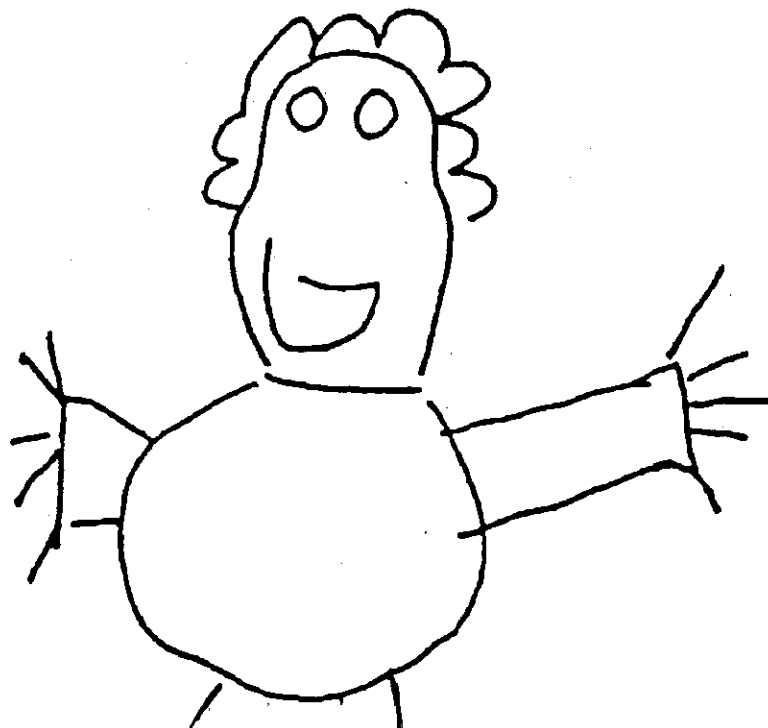
Skill	Mastered
Can listen attentively when spoken to for three or more minutes	
Will listen attentively when read to for five or more minutes	
Will listen to and sing songs for five or more minutes	
Can follow a two- or three-step direction (close the door and hang up your coat, for example)	
Understands positions	
Top, middle, and bottom	
Top and bottom of page	
Front and back of book	
Front and back of room	
Left and right side of body	
Left and right side of room	
Understands locations	
Down and up	
Under and on top	
Across and over	
High and low	
Above and below	
Understands quantity	
Small, medium, large	
Less, more	
Few, many	
Heavy, light	
Recognizes common sounds	
Ambulance	
Fire engine	
Doorbell	
Alarm clock or digital alarm	
Common animal sounds	
Knows days of week	
Follows directions promptly	
Asks questions if confused	

## SPEAKING WITH REASONABLE GRAMMATICAL CORRECTNESS AND POLITENESS

Skill	Mastered
Many times says "thank you" without being reminded	
Many times says "please" without being reminded	
Remembers not to interrupt when others are talking	
Sometimes remembers to say "excuse me"	
Knows appropriate words to use to ask to go to the bathroom	

Remember, your child doesn't need to have mastered every skill on these lists. However, the more skills listed in this

chapter that your child masters, the more prepared he or she will be for a successful kindergarten experience.



## LARGE MOTOR SKILLS

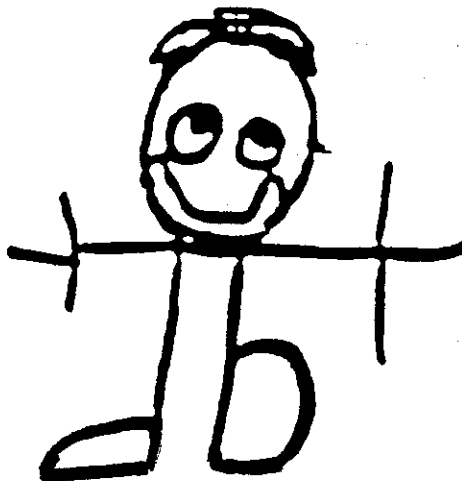
The following skills are not necessarily in order of difficulty. The level of difficulty will vary from child to child. As a parent, you'll want to provide many opportunities for all of these skills to develop. Remember, all skills do not have to be mastered by the time your child enters kindergarten.

Skills	Mastered
Walks down steps, placing one foot on each step	
Can bounce a ball 5 consecutive times	
Can bounce a ball to another person 4 or 5 feet (1.2 m or 1.5 m) away	
Can catch a ball when bounced to him or her	
Can throw a ball accurately to another person 4 or 5 feet (1.2 m or 1.5 m) away	
Can catch a ball thrown from a distance of 4 or 5 feet (1.2 m or 1.5 m)	
Can kick a ball	
Can pump self on swing	
Can hop on either foot	
Can hop with two feet together	
Can crouch and hop like a bunny	
Can jump forward and land on both feet	
Can walk forward on a line, putting one foot after the other	
Can stand on right leg for 10 seconds	
Can stand on left leg for 10 seconds	
Can lie on floor and spread both legs and arms apart at the same time	
Can stand on two feet, hands on hips, and bend body forward, backward, and sideways	
Can touch parts of body with both hands, such as	
shoulders	
neck	
knees	
toes	
hips	
thighs	
chest	
Can dance with an adult partner and	
move forward	
move backward	
move sideways left	
move sideways right	
Can skip	
Can clap hands to music	

## SMALL MOTOR SKILLS

Here is a list of small motor skills that will help your child prepare for kindergarten. Once again, your child does not have to master all skills before entering school.

Skill	Mastered
Can hold pencil comfortably	
Can use crayons without breaking them	
Can use round-tipped scissors effectively	
Can color and stay within lines reasonably well	
Can copy a square	
Can draw a reasonably good circle	
Can put together a 9-piece puzzle	
Can print first name, using capital and small letters	
Can use paste or glue without too much mess	
Can string wooden beads together	
Can hammer pegs on a board	
Can use a spoon without spilling	
Can get a drink of water without a mess	
Can turn pages of book without tearing pages	



# SPATIAL AWARENESS

Spatial awareness is important for large and small motor skills. These skills help your child follow directions correctly, from using his or her whole body to using pencil and paper.

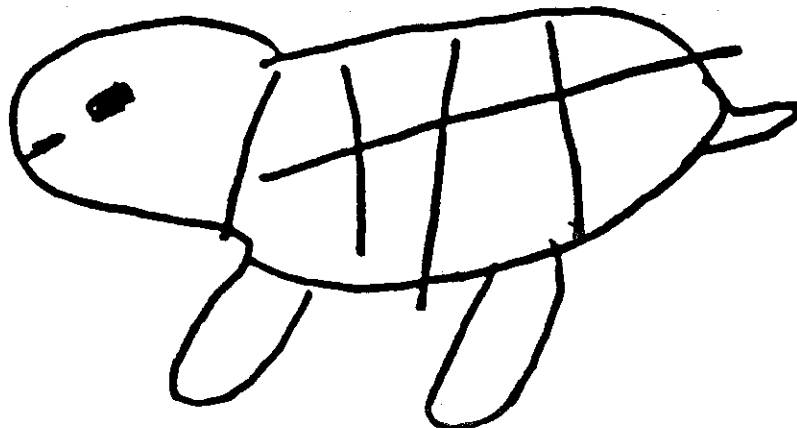
Skill	Mastered
Can place body in these positions in relationship to an object or person	
above	
below	
behind	
on top	
underneath	
next to	
beside	
between	
in front of	
in back of	
outside of	
go around	
Can point to	
high up	
low down	
far away	
near	
close	
far down	
far up	
Recognizes sizes in space as	
very big	
tiny	
small	
thick	
thin	
huge	



## A SELF-CARE SKILL GUIDE FOR CHILDREN AT AGE 5

### Dressing Skills

Skill	Mastered
Can button and unbutton clothing	
Is able to start zipper in jacket and slide it without jamming	
Is able to buckle a belt	
Can put on and remove shoes and boots	
Can tie shoe laces	
Can hang up clothes on hanger or hook	
Can put on or remove a garment, such as a sweater	
Is able to put on snowsuit or jacket without help	
Knows where to put mittens or gloves for safe keeping	

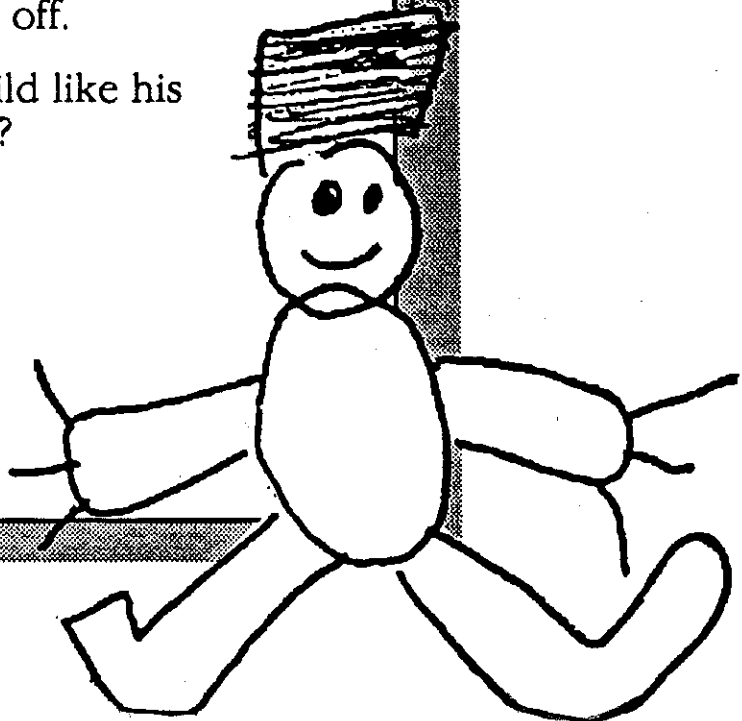


## A SHOPPING GUIDE TO MAKE SELF-HELP EASY

Kindergarten is a work place that requires work clothes. Children's work clothes should be simple, washable, and sturdy. They should not be tight or too loose and should be easy for a child to manage independently. When shopping for school clothes, examine them for these features:

1. Are the fasteners and buttons easy to manage? They should not be at the back of the garment. Shoulder snaps are difficult, too.
2. Does the zipper glide easily? Is there enough firm fabric on each side of the zipper so the fabric won't catch?
3. Do the shoes have Velcro flaps for children who have difficulty tying laces?
4. Are buttons and button holes large enough?
5. Do the boots slide easily over shoes?
6. Do coats and sweaters have loops at the back for easy hanging on hooks? If not, they end up on the floor.

7. Is the belt easy to fasten?
8. Does the snowsuit have wide legs so your child does not have to remove shoes in order to put it on or take it off?
9. Can mittens or gloves be securely fastened to the outer garment?
10. Are there pockets for holding tissues?
11. Will the shoulder straps slide off?
12. Are the garments easy to manage in the bathroom? Jumpsuits are difficult.
13. Cardigan sweaters and sweatshirts are easier than pullovers to take off or put on when your child feels too warm or too cold. Classrooms are usually cool, but when children play, they often want to take their sweaters off.
14. Does your child like his or her clothes?



## KEEP THESE TIPS IN MIND, TOO

1. Backpacks may be too difficult for kindergarten children to put on without help. School bags should fasten easily and be big enough to hold 9" x 12" (22.9 cm x 30.5 cm) books and papers.
2. Clothing which children might remove during the day should have nametags. You can improvise with adhesive tape and permanent markers.
3. Bracelets and necklaces are a distraction and should be worn only for special occasions.
4. Your child will need a painting apron or covering, such as an old shirt.
5. Many schools furnish pencils, crayons, paints, and paper. If you do buy a pencil box, keep in mind that a simple one is easier for your child to manage than one with many compartments.



## PARENT'S CHECKLIST

The following is a checklist for your personal use. Many of the statements may be applicable for your child at the present time, while other statements will apply after your child has entered school. Continue to check these items periodically to help you see your child as a current or future kindergarten student and to give you an opportunity to help him or her improve in certain areas.

### Does your child:

- 1. Have name labels in all of his or her belongings?
- 2. Know his or her name and address?
- 3. Know how to tie his or her shoes?
- 4. Know his or her left and right hand?
- 5. Put things away after work and play?
- 6. Play with others part of the day?
- 7. Play alone part of the day?
- 8. Watch too much TV?
- 9. Get enough sleep?
- 10. Remember to bring notes to school promptly?
- 11. Play away from the street?
- 12. Cross the street only at the corner?
- 13. Play well with others—waiting turn—taking rightful turn?
- 14. Accept a certain amount of defeat without crying or sulking?

- 15. Come promptly when you call?
- 16. Seem happy most of the time?
- 17. Take justified criticism gracefully?
- 18. Play without coming to you to solve his or her problems most of the time?
- 19. Have many opportunities to draw pictures?
- 20. Know how to cut with a scissors?
- 21. Know how to paste neatly?
- 22. Ask questions about many things he or she sees?
- 23. Have the opportunity to go to interesting places?
- 24. Speak distinctly and is understood by others?
- 25. Use new words he or she hears?
- 26. Seem to see and hear well?
- 27. Like to make things?
- 28. Like books? Can he or she interpret the pictures?
- 29. Retell stories or recite poems or songs heard at school?
- 30. Talk about interesting topics discussed at school?
- 31. Sit and listen 5 to 10 minutes without restlessness?
- 32. Play games involving numbers?
- 33. Have a sense of humor and laugh easily?

Keep this list after checking the items.  
These reminders are just to help you  
understand your child's development.

## **FUN BOOKS TO READ WITH YOUR CHILD**

*A Book of Hugs* by Dave Ross

*Brown Bear, Brown Bear, What Do You See?*  
by Bill Martin, Jr.

*Caps for Sale* by Esphyr Slobodkina

*Corduroy* by Don Freeman

*Curious George* by H. A. Rey

*Goodnight Moon* by Margaret Wise Brown

*Mother Goose Nursery Rhymes*  
by Super Chubby Books

*Peanut Butter and Jelly: A Play Rhyme*  
by Nadine B. Westcott

*Shoes from Grandpa* by Mem Fox

*The Snowy Day* by Ezra Jack Keats

*Swimmy* by Leo Lionni

*The Tale of Peter Rabbit* by Beatrix Potter

*There's No Place Like Home* by Marc Brown

*A Treasury of Mother Goose Rhymes*  
illustrated by Hilda Offen

*The Very Hungry Caterpillar* by Eric Carle

