

BABY & TOTS GUIDE



CONTINUOUS ASSESSMENT 2 - 5 Years

Continuous Assessment

Guidelines	2
2 - 3 Years	
Checklist: Concept	3
Checklist: Milestone	3
3 - 4 Years	
Checklist: Concept	6
Checklist: Milestone	7
4 - 5 Years	
Checklist: Concept	11
Checklist: Milestone	12
Progressive Milestone	
Walk	17
Roll	17
Run	17
Jump	17
Tricycle/scooter	17
Balls and beanbags	18
Fine motor skills	18
Body image	19
Concepts	
Shapes	19
Colour	19
Number sense	20
Visual perception	
Space orientation	20
Visual closure	20
Intellectual development	21
Memory	21
Concentration	21
Language development	21
Social development	22
Development of independence	22
Toilet routine	22
Basic Rhythm	23
Music	23

TABLE OF CONTENT

2 - 3 Years

Concept	Activity	Term	
		1	2
Big and small	music, gross motor		
Soft and loud	music		
Fast and slow	music, gross motor		
High and low	music, gross motor		
On Top and under	position in space		
Warm and cold	perception		
Walk and run	gross motor		
Crawl and roll	gross motor		
On and off	action		
Push and pull	gross motor		
Smooth and rough	perception		
Sit in a circle			

Gross motor skills	Termyn	
	1	2
Walk on toes for a short while.		
Jump off a step with 2 feet together.		
Try to kick a ball.		
Catch a big ball with outstretched arms.		
Roll.		
Crawl.		

Progressive Milestones 2-5 years

Walk

2-3 Years	3-4 Years	4-5 Years
Between 2 lines 3 60cm apart. Walk on toes for a short period of time.	Walk a few steps back. Walk on toes. Walk to the front, to the back and side ways. Up and down stairs with good balance. Keep balance while walking on a straight line. Stand on alternate feet with extensive arms while counting to three.	Walk heel-toe on a straight line. Stand on one leg with arms on the side with good balance. Walk 4 steps on balancing beam.

Roll

2-3 Years	3-4 Years	4-5 Years
Roll. Crawl.	Roll forward with head first.	

Run

2-3 Years	3-4 Years	4-5 Years
Run coordinated.	Run and side step.	Run fast.

Jump

2-3 Years	3-4 Years	4-5 Years
Jump from one step with two feet together. Enjoy to jump from higher obstacles.	Jump forward with feet together.	Jump for a few steps with alternate feet. Jump from heights. Start the process of skipping with a rope.

Tricycle/scooter

2-3 Years	3-4 Years	4-5 Years
Drive a sitting on scooter easily.	Drive a tricycle with confidence.	Start driving a standing on scooter.