

4 Week Progress Chart: Preschool

Schedule of 6 Areas that Contribute to Fine Motor Development



MONDAY ACTIVITIES

Items you will need:

- 12 Dice
- 2 Spinning Tops
- Reacher
- Plastic Shoebox

Score Key:

- 1 = Cannot do
- 2 = Does with assist
- 3 = Independent

Fine Motor Skill	1ST MONDAY ACTIVITIES	SCORE	2ND MONDAY ACTIVITIES	SCORE	3RD MONDAY ACTIVITIES	SCORE	4TH MONDAY ACTIVITIES	SCORE
Trunk Control	Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X		Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X		Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X		Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X	
Head/Neck Dissociation	Position of Child: Tummy Game: Flicking Dice		Position of Child: Tummy Game: Flicking Dice		Position of Child: Tummy Game: Flicking Dice		Position of Child: Tummy Game: Flicking Dice	
Shoulder Stability	Position of Child: Sitting at Table Game: Shaking Plastic Shoebox with Dice		Position of Child: Sitting at Table Game: Shaking Plastic Shoebox with Dice		Position of Child: Sitting at Table Game: Shaking Plastic Shoebox with Dice		Position of Child: Sitting at Table Game: Shaking Plastic Shoebox with Dice	
Wrist Development	Position of Child: Sitting at Table Game: Spinning the Tops		Position of Child: Sitting at Table Game: Spinning the Tops		Position of Child: Sitting at Table Game: Spinning the Tops		Position of Child: Sitting at Table Game: Spinning the Tops	
Tripod Grasp	Position of Child: Standing Game: Picking up Dice with Reacher		Position of Child: Standing Game: Picking up Dice with Reacher		Position of Child: Standing Game: Picking up Dice with Reacher		Position of Child: Standing Game: Picking up Dice with Reacher	
Arch Development	Position of Child: Sitting at Table Game: Cupping the Dice		Position of Child: Sitting at Table Game: Cupping the Dice		Position of Child: Sitting at Table Game: Cupping the Dice		Position of Child: Sitting at Table Game: Cupping the Dice	
TOTAL	Date Completed:		Date Completed:		Date Completed:		Date Completed:	

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4 Week Progress Chart: Preschool

Schedule of 6 Areas that Contribute to Fine Motor Development



TUESDAY ACTIVITIES

Items you will need:

- 12 Porcupine Balls
- 5 Pegs & Pegboard
- Tongs
- Washcloth

Score Key:

- 1 = Cannot do
- 2 = Does with assist
- 3 = Independent

Fine Motor Skill	1ST TUESDAY ACTIVITIES	SCORE	2ND TUESDAY ACTIVITIES	SCORE	3RD TUESDAY ACTIVITIES	SCORE	4TH TUESDAY ACTIVITIES	SCORE
Trunk Control	Wheel Barrow F/B 5X Commando Crawling F/B 5X Make a Bow 5X The Cha Cha F/B 5X The Roll Up U/D 5X Make a Boat 5X		Wheel Barrow F/B 5X Commando Crawling F/B 5X Make a Bow 5X The Cha Cha F/B 5X The Roll Up U/D 5X Make a Boat 5X		Wheel Barrow F/B 5X Commando Crawling F/B 5X Make a Bow 5X The Cha Cha F/B 5X The Roll Up U/D 5X Make a Boat 5X		Wheel Barrow F/B 5X Commando Crawling F/B 5X Make a Bow 5X The Cha Cha F/B 5X The Roll Up U/D 5X Make a Boat 5X	
Head/Neck Dissociation	Position of Child: Tummy Game: Finger Soccer with Porcupine Ball		Position of Child: Tummy Game: Finger Soccer with Porcupine Ball		Position of Child: Tummy Game: Finger Soccer with Porcupine Ball		Position of Child: Tummy Game: Finger Soccer with Porcupine Ball	
Shoulder Stability	Position of Child: Sitting at Table Game: Picking up Porcupine Balls with Tongs		Position of Child: Sitting at Table Game: Picking up Porcupine Balls with Tongs		Position of Child: Sitting at Table Game: Picking up Porcupine Balls with Tongs		Position of Child: Sitting at Table Game: Picking up Porcupine Balls with Tongs	
Wrist Development	Position of Child: Sitting at Table Game: Placing Pegs in Pegboard		Position of Child: Sitting at Table Game: Placing Pegs in Pegboard		Position of Child: Sitting at Table Game: Placing Pegs in Pegboard		Position of Child: Sitting at Table Game: Placing Pegs in Pegboard	
Tripod Grasp	Position of Child: Standing Game: Picking up Porcupine Balls with Tongs		Position of Child: Standing Game: Picking up Porcupine Balls with Tongs		Position of Child: Standing Game: Picking up Porcupine Balls with Tongs		Position of Child: Standing Game: Picking up Porcupine Balls with Tongs	
Arch Development	Position of Child: Sitting at Table Game: Finger Walking to the Pegs		Position of Child: Sitting at Table Game: Finger Walking to the Pegs		Position of Child: Sitting at Table Game: Finger Walking to the Pegs		Position of Child: Sitting at Table Game: Finger Walking to the Pegs	
TOTAL	Date Completed:		Date Completed:		Date Completed:		Date Completed:	

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4 Week Progress Chart: Preschool

Schedule of 6 Areas that Contribute to Fine Motor Development



WEDNESDAY ACTIVITIES

Items you will need:

- 12 Porcupine Balls
- 12 Pegs & Pegboard
- Hammer
- Clothespin
- Ice Tray
- Plastic Shoebox

Score Key:

- 1 = Cannot do
- 2 = Does with assist
- 3 = Independent

Fine Motor Skill	1ST WEDNESDAY ACTIVITIES	SCORE	2ND WEDNESDAY ACTIVITIES	SCORE	3RD WEDNESDAY ACTIVITIES	SCORE	4TH WEDNESDAY ACTIVITIES	SCORE
Trunk Control	Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X		Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X		Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X		Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X	
Head/Neck Dissociation	Position of Child: Tummy Game: Hand Tennis with Porcupine Ball		Position of Child: Tummy Game: Hand Tennis with Porcupine Ball		Position of Child: Tummy Game: Hand Tennis with Porcupine Ball		Position of Child: Tummy Game: Hand Tennis with Porcupine Ball	
Shoulder Stability	Position of Child: Sitting at Table Game: Stacking Pegs in the Pegboard		Position of Child: Sitting at Table Game: Stacking Pegs in the Pegboard		Position of Child: Sitting at Table Game: Stacking Pegs in the Pegboard		Position of Child: Sitting at Table Game: Stacking Pegs in the Pegboard	
Wrist Development	Position of Child: Sitting at Table Game: Hammering Pegs in Pegboard		Position of Child: Sitting at Table Game: Hammering Pegs in Pegboard		Position of Child: Sitting at Table Game: Hammering Pegs in Pegboard		Position of Child: Sitting at Table Game: Hammering Pegs in Pegboard	
Tripod Grasp	Position of Child: Standing Game: Picking up Porcupine Balls with a Clothespin		Position of Child: Standing Game: Picking up Porcupine Balls with a Clothespin		Position of Child: Standing Game: Picking up Porcupine Balls with a Clothespin		Position of Child: Standing Game: Picking up Porcupine Balls with a Clothespin	
Arch Development	Position of Child: Sitting at Table Game: Moving Porcupine Balls in Ice Tray		Position of Child: Sitting at Table Game: Moving Porcupine Balls in Ice Tray		Position of Child: Sitting at Table Game: Moving Porcupine Balls in Ice Tray		Position of Child: Sitting at Table Game: Moving Porcupine Balls in Ice Tray	
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4 Week Progress Chart: Preschool

Schedule of 6 Areas that Contribute to Fine Motor Development



THURSDAY ACTIVITIES

Items you will need:

- 12 Blocks
- 12 Pegs
- 12 Coins
- Ice Tray
- Clay
- Lever Top Bottle w/H2O

Score Key:

- 1 = Cannot do
- 2 = Does with assist
- 3 = Independent

Fine Motor Skill	1ST THURSDAY ACTIVITIES	SCORE	2ND THURSDAY ACTIVITIES	SCORE	3RD THURSDAY ACTIVITIES	SCORE	4TH THURSDAY ACTIVITIES	SCORE
Trunk Control	Wheel Barrow F/B 5X Commando Crawling F/B 5X Make a Bow 5X The Cha Cha F/B 5X The Roll Up U/D 5X Make a Boat 5X		Wheel Barrow F/B 5X Commando Crawling F/B 5X Make a Bow 5X The Cha Cha F/B 5X The Roll Up U/D 5X Make a Boat 5X		Wheel Barrow F/B 5X Commando Crawling F/B 5X Make a Bow 5X The Cha Cha F/B 5X The Roll Up U/D 5X Make a Boat 5X		Wheel Barrow F/B 5X Commando Crawling F/B 5X Make a Bow 5X The Cha Cha F/B 5X The Roll Up U/D 5X Make a Boat 5X	
Head/Neck Dissociation	Position of Child: Tummy Game: Putting Blocks in the Ice Tray		Position of Child: Tummy Game: Putting Blocks in the Ice Tray		Position of Child: Tummy Game: Putting Blocks in the Ice Tray		Position of Child: Tummy Game: Putting Blocks in the Ice Tray	
Shoulder Stability	Position of Child: Sitting at Table Game: Stacking the Blocks with Pegs		Position of Child: Sitting at Table Game: Stacking the Blocks with Pegs		Position of Child: Sitting at Table Game: Stacking the Blocks with Pegs		Position of Child: Sitting at Table Game: Stacking the Blocks with Pegs	
Wrist Development	Position of Child: Sitting at Table Game: Putting Coins in the Ice Tray		Position of Child: Sitting at Table Game: Putting Coins in the Ice Tray		Position of Child: Sitting at Table Game: Putting Coins in the Ice Tray		Position of Child: Sitting at Table Game: Putting Coins in the Ice Tray	
Tripod Grasp	Position of Child: Standing Game: Watering the Blocks		Position of Child: Standing Game: Watering the Blocks		Position of Child: Standing Game: Watering the Blocks		Position of Child: Standing Game: Watering the Blocks	
Arch Development	Position of Child: Sitting at Table Game: Making Sandwiches		Position of Child: Sitting at Table Game: Making Sandwiches		Position of Child: Sitting at Table Game: Making Sandwiches		Position of Child: Sitting at Table Game: Making Sandwiches	
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4 Week Progress Chart: Preschool

Schedule of 6 Areas that Contribute to Fine Motor Development



FRIDAY ACTIVITIES

Items you will need:

- 6 Flippers
- Wind Up Toy
- Pegboard
- Tape
- Hammer
- Lever Top Bottle w/H2O

Score Key:

- 1 = Cannot do
- 2 = Does with assist
- 3 = Independent

Fine Motor Skill	1ST FRIDAY ACTIVITIES	SCORE	2ND FRIDAY ACTIVITIES	SCORE	3RD FRIDAY ACTIVITIES	SCORE	4TH FRIDAY ACTIVITIES	SCORE
Trunk Control	Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X		Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X		Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X		Cross Crawl 5X Lift Hands and Knees 5X Down Dog 5X Crawling F/B 5X Log Rolling F/B 5X Crab Walking F/B 5X	
Head/Neck Dissociation	Position of Child: Tummy Game: Flipping Flippers		Position of Child: Tummy Game: Flipping Flippers		Position of Child: Tummy Game: Flipping Flippers		Position of Child: Tummy Game: Flipping Flippers	
Shoulder Stability	Position of Child: Sitting at Table Game: Watering the Flippers		Position of Child: Sitting at Table Game: Watering the Flippers		Position of Child: Sitting at Table Game: Watering the Flippers		Position of Child: Sitting at Table Game: Watering the Flippers	
Wrist Development	Position of Child: Sitting at Table Game: Hammering the Maze		Position of Child: Sitting at Table Game: Hammering the Maze		Position of Child: Sitting at Table Game: Hammering the Maze		Position of Child: Sitting at Table Game: Hammering the Maze	
Tripod Grasp	Position of Child: Standing Game: Wind Up the Toy		Position of Child: Standing Game: Wind Up the Toy		Position of Child: Standing Game: Wind Up the Toy		Position of Child: Standing Game: Wind Up the Toy	
Arch Development	Position of Child: Sitting at Table Game: Flippers to a Finish Line		Position of Child: Sitting at Table Game: Flippers to a Finish Line		Position of Child: Sitting at Table Game: Flippers to a Finish Line		Position of Child: Sitting at Table Game: Flippers to a Finish Line	
TOTAL	Date Completed:		Date Completed:		Date Completed:		Date Completed:	

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