**Physical Development**

The physical development of a 3-year-old encompasses quite a lot. Not only just how they are growing in height and weight, but the fine tuning of gross and fine motor skills. Like everything else, mastery of these skills will vary by child..

As your 3-year-old grows, he is learning about his own body and how to control it. His balance will get better and with practice, will be able to do things he hadn't been able to before.

Here's what else you can expect in terms of physical development in your 3-year-old:

**Gross Motor Skills**

Has an overall better sense of balance in everything they do -- walking, running, jumping, etc.

Can jump with two feet, may be able to stand or even hop on one foot.

Can roll on his side

Can catch a large ball thrown slowly with her hands.

Can kick a ball a fair distance (at least five feet).

Can pedal a tricycle.

Can walk a line, balance on a low balance beam, skip or gallop and walk backwards.

**Fine Motor Skills**

Is developing fine motor skills -- can string a chunky bead, butter bread with a dull knife and can turn the pages of a book without ripping them.

Should be able to pour liquid from one container to another (with spills).

Drawings may not include "people" -- large heads with arms and legs. As your child gets older, more details (glasses, hair, clothing) will be added.

With practice, may be able to use chunky safety scissors.

Holds a writing instrument with his fingers, not his fist.

May start to show a preference for using the right or left hand.

Can build a block tower.

**Overall Physical Development**

Will understand basic safety rules such as, "Don't touch the stove, it is hot!" or "We need to hold hands in the parking lot."

Can undress self, may be able to put on certain articles of clothing like pants or shorts.

Can wash their own hands.

**Activities to develop fine motor control**

Playdough

Threading

Building blocks

Drawing

Painting

Jig saws and many more