

# SKILLS AND GOALS MATRIX

## There's An Alligator Under My Bed

# G R O S S M O T O R

Skills or Behaviors	Goals and Objectives
<i>✍</i> Make exaggerated body movements	<ul style="list-style-type: none"> <li><i>✍</i> Increase motor planning</li> <li><i>✍</i> Increase dynamic and static balance</li> <li><i>✍</i> Increase awareness of body in space</li> </ul>
<i>✍</i> Move to music	<ul style="list-style-type: none"> <li><i>✍</i> Increase motor planning and control</li> <li><i>✍</i> Increase dynamic and static balance</li> <li><i>✍</i> Increase ability to respond to auditory cues with movement</li> </ul>
<i>✍</i> Imitate story characters	<ul style="list-style-type: none"> <li><i>✍</i> Increase motor planning and control</li> <li><i>✍</i> Increase dynamic and static balance</li> <li><i>✍</i> Increase movement skills (jumping, hopping, balancing)</li> </ul>
<i>✍</i> Imitate the movements of animals	<ul style="list-style-type: none"> <li><i>✍</i> Increase motor planning and control</li> <li><i>✍</i> Increase dynamic and static balance</li> <li><i>✍</i> Increase ability to do motor task after demonstration</li> </ul>
<i>✍</i> Walk along a balance beam or line	<ul style="list-style-type: none"> <li><i>✍</i> Increase dynamic balance</li> <li><i>✍</i> Increase gross-motor planning and control</li> </ul>
<i>✍</i> Imitate body movements	<ul style="list-style-type: none"> <li><i>✍</i> Increase motor planning</li> <li><i>✍</i> Increase body awareness</li> </ul>
<i>✍</i> Pretend to stir while holding a large bowl	<ul style="list-style-type: none"> <li><i>✍</i> Increase large muscle planning and coordination</li> <li><i>✍</i> Increase dynamic balance</li> <li><i>✍</i> Increase arm strength</li> </ul>
<i>✍</i> Follow a leader in a line while moving	<ul style="list-style-type: none"> <li><i>✍</i> Increase motor planning and control</li> <li><i>✍</i> Increase ability to imitate movements</li> </ul>