



## DEVELOPMENTAL GOALS

PHASE 1	PHASE 2	PHASE 3
<ul style="list-style-type: none"> <li>Breathing</li> <li>Gripping</li> <li>Head-Eye Tracking</li> <li>Reaching</li> <li>Leg Raising</li> <li>Supine</li> <li>Rolling</li> <li>Prone</li> <li>Hip Flexion/Extension</li> <li>Crawling</li> <li>Half Kneeling</li> <li>Full Kneeling</li> <li>Transitional Movements</li> <li>Short Foot Posture</li> <li>Gait</li> <li><b>Feel Better</b>, while moving within the Ground Reaction Forces of 1-1.5 times your bodyweight</li> </ul>	<ul style="list-style-type: none"> <li>Reaching</li> <li>Leg Raising</li> <li>Rotary Stability</li> <li>Trunk Stability</li> <li>Lunging</li> <li>Stepping</li> <li>Squatting</li> <li>Go Under Obstacles</li> <li>Go Over Obstacles</li> <li>Go Around Obstacles</li> <li>Carrying</li> <li>Skipping</li> <li>Running</li> <li><b>Move Better</b>, while moving within the Ground Reaction Forces of 2-5 times your bodyweight</li> </ul>	<ul style="list-style-type: none"> <li>Pushing, Pulling</li> <li>Picking up objects from the floor, approx. 1+ times your bodyweight</li> <li>Locomotion</li> <li>Trunk Stability</li> <li>Deceleration, Lunging/Down Hills, 1-Leg Supported</li> <li>Acceleration, Stepping/Hills, 1-Leg Unsupported</li> <li>Squatting</li> <li>Go Under Obstacles</li> <li>Go Over Obstacles</li> <li>Go Around Obstacles</li> <li>Climbing</li> <li>Skipping</li> <li>Running</li> <li>Jumping</li> <li>Hopping</li> <li><b>Perform Better</b>, while moving within the Ground Reaction Forces of 4-11 times your bodyweight</li> </ul>
FEEL BETTER	MOVE BETTER	PERFORM BETTER