



ITERS-R Active Physical Play

San Francisco Quality
Connections

Overview

- **ITERS-R Item 16. Active Physical Play**
- **Infants and toddlers are children from birth up to 30 months**
- **Review aspects of appropriate equipment and space**

Infants

In ITERS-R defined as
birth to 11 months

- Limited physical mobility
- Safe open space to explore
- Physically unrestrictive environment



Toddlers

In ITERS-R defined as 12 to 30 months

- Young toddlers 12 to 24 months
- Older toddlers 24 to 30 months
- Increasing physical mobility
- Large open spaces to freely move



Indoor and Outdoor Space

- Space allows for children to move
 - Indoors there is open floor space free of hazards
 - Both indoors and outdoors less mobile children protected from mobile children
 - Used daily
 - Outdoors there are a variety of surfaces that provide children with different experiences

Appropriate Equipment for Infants (birth up to 12 months)

- Young infants need space to explore
 - Blankets with mobiles
 - Low soft risers for climbing
 - Equipment to safely pull themselves up
 - Open space to move their body freely



Appropriate Equipment for Toddlers (12 to 30 months)

- Young toddlers need space to freely move
 - Risers and boxes to climb in and out
 - Age appropriate indoor and outdoor climbers
 - Space to throw balls or other appropriate equipment
 - Tunnels to climb through



Safety Hazards to Consider

- Always view the space from the child's perspective – What is accessible to him/her?
- Is the equipment accessible stable?
- Are there adequate fall zones around climbers, lofts, slides, etc...?
- Are there entrapment hazards (i.e. small spaces children can get there bodies caught and possibly hurt)?

Fall Zones



Safely Explore Indoor Space



Safely Explore Outdoor Space



Daily Outdoor Play Experiences



Various Surfaces



Weather Permitting



**Local conditions
(i.e. air quality alerts,
excessive heat, severe
rainy conditions)**

Variety of Gross Motor Skills

- Crawling
- Throwing
- Walking
- Pulling
- Pushing
- Balancing
- Running
- Pedaling
- Scooting
- Climbing
- Kicking
- Hopping
- Jumping
- Tossing

Daily gross motor opportunities are key to infant and toddler development!



References

- Cryer, D., Harms, T., & Riley, C. (2004). *All about the ITERS-R*, New York: Kaplan Early Learning Company.
- Harms, T., Clifford, R. M., & Cryer, D. (2003). *Infant Toddler Environment Rating Scale – Revised Edition*. New York and London: Teachers College Press.
- *Additional Notes For Clarification for the ITERS-R*: <http://www.ersi.info/>
- *Playground Information to Use with the Environment Rating Scales (Revised 10-3-13)*: <http://www.ersi.info/>