

Physical Development, Health, & Safety

PHYSICAL DEVELOPMENT 1

1 Gross Motor Development: The child moves with maturing, fundamental movement skills. 1.1

- a Moves with maturing balance skills. 1.1.A
 - b Moves with maturing locomotor skills (e.g., walks, runs, skips, jumps, gallops, hops, slides, leaps). 1.1.B
 - c Moves with maturing coordination (e.g., reach, grasp, throw, catch). 1.1.C
 - d Demonstrates an understanding of movement concepts including body awareness, spatial awareness, and directional awareness. 1.1.D
-

2 Fine Motor Development: The child uses fingers, hands, and wrists to manipulate tools and materials. 1.2

- a Uses fingers, hands, and wrists to manipulate a variety of tools and materials, (e.g., crayons, markers, chalk, sponges, paintbrushes, scissors, pencils, silverware). 1.2.A
 - b Uses eye-hand coordination to perform simple tasks. 1.2.B
 - c Manipulates smaller objects, tools, and instruments that require wrist and squeezing motions. 1.2.C
 - d Uses fine motor skills in daily living. 1.2.D
-

HEALTH 2

1 Personal Health and Hygiene Practices: Child demonstrates knowledge of personal health practices and routines and understands the functions of body parts. 2.1

- a Demonstrates hygiene practices and personal care tasks with increasing independence. 2.1.A
 - 2 Nutrition choices 2.1.A.2
 - 1 Nutrition knowledge 2.1.A.1
 - b Demonstrates healthy nutrition practices: 2.1.B
 - c Demonstrates active physical play and rest. 2.1.C
 - d Demonstrates emerging knowledge of wellness. 2.1.D
 - e Demonstrates emerging knowledge of oral health. 2.1.E
-

SAFETY 3

1 Safety and Injury Prevention: Child demonstrates knowledge of personal safety practices and routines. 3.1

- a Identifies and follows basic safety rules with guidance and support (e.g., sun safety, animal and plant safety, outdoor and indoor safety). 3.1.A
- b Identifies basic signs and symbols that indicate danger (e.g., stop sign, poison, exit, flammable, slippery when wet, railroad crossing). 3.1.B
- c Demonstrates transportation and street safety practices. 3.1.C
- d Enforces personal boundaries (safety, self-advocacy, and boundary awareness). 3.1.D
- e Knows personal information. 3.1.E
- f Demonstrates emergency safety practices. 3.1.F
- g Demonstrates ways to tell a trusted adult if threatened or harmed. 3.1.G
- h Identifies how adults help to keep us safe. 3.1.H