

# **PHYSICAL DEVELOPMENT & HEALTH**



## **DOMAIN**

## Standards for Physical Development and Health: Pre-Kindergarten

| <i>Student:</i>   | <i>Physical Development</i>   |
|---|---|
| 1. Uses senses to assist and guide learning.  | <ul style="list-style-type: none"> <li>a. Identifies sights, smells, sounds, tastes, and textures.</li> <li>b. Compares and contrasts different sights, smells, sounds, tastes, and textures.</li> <li>c. Uses descriptive words to discuss sights, smells, sounds, tastes, and textures.</li> </ul>  |
| 2. Uses sensory information to plan and carry out movements.                        | <ul style="list-style-type: none"> <li>a. Demonstrates appropriate body awareness when moving in different spaces.</li> <li>b. Exhibits appropriate body movements when carrying out a task.</li> <li>c. Demonstrates awareness of spatial boundaries and the ability to work within them.</li> </ul>   |
| 3. Demonstrates coordination and control of large muscles.                          | <ul style="list-style-type: none"> <li>a. Displays an upright posture when standing or seated.</li> <li>b. Maintains balance during sitting, standing, and movement activities.</li> <li>c. Runs, jumps, walks in a straight line, and hops on one foot.</li> <li>d. Climbs stairs using alternating feet.</li> <li>e. Puts on age appropriate clothing items, such as shirts, jackets, pants, shoes, etc.</li> </ul> |
| 4. Combines a sequence of large motor skills with and without the use of equipment. | <ul style="list-style-type: none"> <li>a. Navigates age appropriate playground equipment.</li> <li>b. Throws, catches, or kicks a large, light-weight ball (8" – 10").</li> <li>c. Participates in a series of large motor movements or activities such as dancing, follow the leader, or Simon Says.</li> </ul>  |
| 5. Demonstrates eye-hand coordination and dexterity needed to manipulate objects.   | <ul style="list-style-type: none"> <li>a. Uses pincher grasp (index finger and thumb).</li> <li>b. Demonstrates ability to engage in finger plays.</li> <li>c. Uses materials such as pencils, paint brushes, eating utensils, and blunt scissors effectively.</li> <li>d. Manipulates small objects with ease (fits objects into holes, strings wooden beads, stacks mini blocks, uses geo boards, etc.).</li> </ul> |

## Standards for Physical Development and Health: Pre-Kindergarten

| <i><b>Student:</b></i>   | <i><b>Health and Well Being</b></i>  |
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| 6. Demonstrates personal care and hygiene skills.              | <ul style="list-style-type: none"> <li>a. Demonstrates independence in personal hygiene skills such as washing hands and toileting.</li> <li>b. Exhibits independence when dressing, cleaning up, and eating.</li> <li>c. Recognizes and communicates when experiencing symptoms of illness or requiring help.</li> </ul>  |
| 7. Demonstrates awareness and understanding of healthy habits. | <ul style="list-style-type: none"> <li>a. Recognizes the importance of good nutrition, water, rest, sleep, and exercise in order to be healthy.</li> <li>b. Talks about food choices in relationship to allergies and overall health.</li> <li>c. Describes the role of doctors, dentists, and other health care workers in keep him/herself healthy.</li> </ul>   |
|  | <i><b>Health and Safety</b></i>  |
| 8. Demonstrates awareness and understanding of safety rules.   | <ul style="list-style-type: none"> <li>a. Verbalizes and demonstrates safety rules.</li> <li>b. Communicate to peers and adults when observing unsafe behavior.</li> <li>c. Understands that some practices could be unsafe.</li> <li>d. Participates in fire evacuation drills, understands what the alarm bell is and how to respond.</li> <li>e. Explains how to get help in emergency situations.</li> </ul> |

