Indiana Early Learning Standards

Physical Health and Growth: Kindergarten

Health and Safety

1 Demonstrate development of healthy practices PHG1.1

- a Identify that healthy behaviors affect personal health. HW K-2.1.1
- b Recognize that there are multiple dimensions of health. (mental/emotional, intellectual, physical, environmental, and social health). HW K-2.1.2
- c Describe ways to prevent communicable diseases. HW K-2.1.3
- d Identify how the family and culture influence personal health practices and behaviors. HW K-2.2.1

2 Demonstrate development of safety practices PHG1.2

- a List ways to prevent common childhood injuries. HW K-2.1.4
- b List a variety of behaviors to avoid or reduce health and safety risks. HW K-2.7.2
- c Recognizes the established protocols for class activities. PE K.4.4.A
- d Follows teacher directions for safe participation and proper use of equipment with minimal reminders. PE K.4.5.A

3 Demonstrate development of nutrition awareness PHG1.3

- a Identifies health and unhealthy foods and recognizes that food provides energy for physical activity. PE K.3.6.A
- b Identify that healthy behaviors affect personal health HW K-2.1.1
- c Describe and compare the growth and development of common living plants and animals. K.LS.1
- d Describe and compare the physical features of common living plants and animals. K.LS.2
- e Use observation to describe patterns of what plants and animals (including humans) need to survive. K.LS.3

Senses

1 Demonstrate how the five senses support processing information PHG2.1

- a Ask questions, make observations, and gather information about a situation people want to change to define a simple problem that can be solved through the development of a new or improved object or tool. K-2-ETS1-1

Skip to main content

b Compare twoand threedimensional shapes in different sizes and orientations, using informal language to describe their similarities, differences, parts (e. g., number of sides and vertices/" corners") and other attributes (e.g., having sides of equal length). K.G.1

c Make direct comparisons of the length, capacity, weight, and temperature of objects, and identify which object is shorter, longer, taller, lighter, heavier, warmer, cooler, or holds more. K.M.1

2 **Demonstrate development of body awareness and physical activity** PHG2.2

a Travels in three different pathways (such as moving in various patterns: straight, curved). PE K.2.2.A

b Travels in general space with different speeds (such as traveling at various speeds in skill development activities). PE K.2.3.A

c Recognize that when you move fast, your heart beats faster and you breathe faster. PE K.3.3.A

Motor Skills

1 **Demonstrate development of fine and gross motor coordination** PHG3.1

a The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.

b PE K.1.1.A through K. 1.5.A

c PE K.1.7.A through K. 1.16.A

2 **Demonstrate development of oral motor skills** PHG3.2

a Identify character traits and behaviors of a healthy and safe person. HW K-2.7.1

Personal Care

1 **Demonstrate increased independence in personal care routines*** PHG4.1

a Identify how family and culture influence personal health practices and behaviors. HW K-2.2.1

b Identify character traits and behaviors of a healthy and safe person. HW K-2.7.1