Indiana Early Learning Standards

Physical Health and Growth: Preschool

Health and Safety

1 Demonstrate development of healthy practices PHG1.1

Younger Preschool

- a Demonstrate health and hygiene-related behaviors with reminders PHG1.1.Y.A
- b Identify the difference between sick and well PHG1.1.Y.B

Older Preschool

- a Demonstrate health and hygiene-related behaviors with minimal prompting PHG1.1.O.A
- b Communicate practices that promote healthy living and prevent illness for self and family members PHG1.1.O.B

Younger and Older Preschool

- a Engage in sociodramatic play to demonstrate the roles of medical professionals PHG1.1.YO.A

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2 Demonstrate development of safety practices PHG1.2

Younger Preschool

- a Identify ways to play safely PHG1.2.Y.A
- b Follow simple safety rules while participating in activities PHG1.2.Y.B

Older Preschool

- a Demonstrate basic safety knowledge PHG1.2.O.A
- b Alert others to possible danger PHG1.2.O.B
- c Participate, with adult support, to develop safety rules for an activity PHG1.2.O.C

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3 Demonstrate development of nutrition awareness PHG1.3

Younger and Older Preschool

- a Respond to physical cues when hungry, full, or thirsty PHG1.3.YO.A
- b Participate in preparation of a simple, healthy snack PHG1.3.YO.B

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Younger Preschool

a Demonstrate basic understanding that eating a variety of foods helps the body grow and be healthy PHG1.3.Y.A

b Express preferences about food PHG1.3.Y.B

Older Preschool

a Communicate about variety and amount of food needed to be healthy PHG1.3.O.A

b Name food and beverages that help to build healthy bodies PHG1.3.O.B

c Describe physical features of fruits and vegetables PHG1.3.O.C

d Begin to describe where fruits and vegetables come from PHG1.3.O.D

Senses

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

Younger Preschool

a Take things apart and attempt to put them back together PHG2.1.Y.A

Older Preschool

a Take things apart and invent new structures using the parts PHG2.1.O.A

Younger and Older Preschool

a Use tactile, visual, auditory, olfactory, and gustatory information to accomplish tasks PHG2.1.YO.A

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

Younger and Older Preschool

a Identify and describe function of body parts PHG2.2.YO.A

b Demonstrate awareness of own body in relation to other people and objects through play activities PHG2.2.YO.B

c Participate in structured and unstructured active physical play, exhibiting increasing strength and stamina for sustained periods of time PHG2.2.YO.C

d Demonstrate basic understanding that physical activity helps the body grow and be healthy PHG2.2.YO.D

e Begin to recognize the relationship between moving your body fast and how your body responds to this movement PHG2.2.YO.E

Motor Skills

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

Younger Preschool

a Refine grasp to manipulate tools and objects PHG3.1.Y.A

b Demonstrate coordination and balance PHG3.1.Y.B

c Coordinate movements to perform a task PHG3.1.Y.C

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Older Preschool

a Perform fine-motor tasks that require small-muscle strength and control PHG3.1.O.A

b Demonstrate coordination and balance in a variety of activities PHG3.1.O.B

c Coordinate movements to perform a complex task PHG3.1.O.C

2 Demonstrate development of oral motor skills PHG3.2

Younger Preschool

a Younger Preschool PHG3.2.Y.A

Personal Care

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

Younger Preschool

a Attend to personal body care practices with reminders PHG4.1.Y.A

b Independently feed self PHG4.1.Y.B

Older Preschool

a Attend to personal body care practices with minimal adult support PHG4.1.O.A

b Independently feed self using utensils PHG4.1.O.B

Younger and Older Preschool

a Independently dress and undress self PHG4.1.YO.A

b Independently attend to toileting needs PHG4.1.YO.B