

# Physical Well-Being and Motor Development: Preschool (3-5 years)

Children show increasing awareness of healthy and safe living practices. 2.1.PS

- 1 The child begins to recognize and select healthy foods 2.1.PS.1
- 2 The child follows healthy self-care routines such as brushing teeth, washing hands, and using the bathroom. 2.1.PS.2
- 3 The child develops appropriate balance between rest and physical activity as part of a healthy lifestyle. 2.1.PS.3
- 4 The child demonstrates safe behaviors regarding environment (stranger, tornado, fire, traffic, bodies of water), toxic substances, objects, and climbing structures. 2.1.PS.4
- 5 The child communicates safety rules and the reasons for the rules for indoor and outdoor environments. 2.1.PS.5

Children develop large motor skills. 2.2.PS

- 1 The child demonstrates control and balance in locomotor skills, such as walking, running, jumping, hopping, marching, galloping, and climbing stairs 2.2.PS.1
- 2 The child demonstrates the ability to coordinate movements with balls, such as throwing, kicking, striking, catching, and bouncing. 2.2.PS.2
- 3 The child expresses enjoyment in participating in physical experiences and creative movement. 2.2.PS.3

Children develop small motor skills. 2.3.PS

- 1 The child uses hand-eye coordination to perform self-help and small motor tasks with a variety of manipulative materials, such as beads, pegs, shoelaces, puzzle pieces, and musical instruments. 2.3.PS.1
- 2 The child demonstrates increased skills using scissors and writing tools for various learning experiences. 2.3.PS.2