Kansas Early Learning

Physical Health and Development: Preschool

Gross Motor Skills

Pre 3

1 Uses locomotor skills with increasing coordination and balance. PHD.GMS.P3.1

Pre 4

1 Demonstrates locomotor skills with control, coordination and balance in active play. PHD.GMS.P4.1

2 Demonstrates coordination in using objects during active play. PHD.GMS.P4.2

3 Explores, practices and performs skill sets. PHD.GMS.P4.

Fine Motor Skills

Pre 3

1 Uses classroom and household tools independently and with eye-hand coordination to carry out more complex activities. PHD.FMS.P3.1

Pre 4

1 With fluency and accuracy, uses classroom and household tools independently and with eyehand coordination to carry out activities. PHD.FMS.P4.1

Physical Fitness

Pre 3

1 Participates in a variety of active play exhibiting strength and stamina. PHD.PF.P3.1

Pre 4

1 Participates in a variety of active play exhibiting strength and stamina for increasing amounts of time. PHD.PF.P4.1

Nutrition & Healthy Eating

Pre 3

1 Eats a variety of foods. PHD.NHE.P3.1

2 Drinks from a cup without spilling and takes bites from whole foods. PHD.NHE.P3.2

Pre 4

1 Demonstrates basic understanding that eating a variety of foods helps the body grow and be healthy. PHD.NHE.P4.1

Demonstrates increasingly complex oral motor skills. PHD.NHE.P4.2

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Self-Care

Pre 3

1. Follows basic health practices with occasional reminders. PHD.SC.P3.1
2. Completes personal care tasks with some adult assistance. PHD.SC.P3.2

Pre 4

1. Follows basic health practices. PHD.SC.P4.1
2. Completes personal care tasks with increasing responsibility. PHD.SC.P4.2

Safety

Pre 3

1. Knows common safety rules that have been discussed or taught. PHD.S.P3.1
2. Alerts adults to potentially harmful situations. PHD.S.P3.2

Pre 4

1. Identifies and follows basic safety rules with possible reminders, guidance and support. PHD.S.P4.1
2. Demonstrates an ability to follow emergency routines with adult support. PHD.S.P4.2
3. Identifies how adults help to keep us safe. PHD.S.P4.3