Physical Development and Health

Wellness: understanding healthy choices and establishing health routines and activities that promote individual wellbeing. 10

a **Health Knowledge and Practices** 10.A

1 34-48 months 10.A.1

1 Completes personal care tasks with increasing independence. 10.A.1.1

2 Participates in structured and unstructured physical activities. 10.A.1.2

3 Regularly participates in active games, outdoor play and other forms of exercise that enhance physical fitness. 10.A.1.3

4 Transitions from high-energy to low-energy activities with support. 10.A.1.4

5 Follows health routines with support (versus independently). 10.A.1.5

6 Cooperates during doctor and dentist visits and health and developmental screenings. 10.A.1.6

7 Cooperates during developmental screenings. 10.A.1.7

8 Regulates own emotions and behaviors. 10.A.1.8

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2 46-60 months End of Preschool Standards 10.A.2

1 Identifies specific practices that support body development and function. 10.A.2.1

2 Independently demonstrates the ability to wash hands, participate in oral hygiene, and utilize proper cough and sneeze etiquette. 10.A.2.2

3 Combines and uses different senses depending on the activity. 10.A.2.3

4 Recognizes the importance of doctor and dentist visits and identifies the roles of a doctor and dentist in maintaining health. 10.A.2.4

5 Identifies medicine and knows that it is used to stay healthy. Understands what medicine is and why it is used. 10.A.2.5

6 Identifies which school and community health helpers are needed in a given situation. 10.A.2.6

7 Demonstrates an increasing ability to perform self-care skills independently when eating, tooth brushing, dressing, toileting, grooming. 10.A.2.7

8 Participates easily and knows what to do in routine activities. 10.A.2.8

9 Observes basic hand and oral hygiene. 10.A.2.9

10 Helps with routine care of the environment. (e.g., composting, trash pick-up, etc.). 10.A.2.10

11 Recognizes there are multiple components of health. 10.A.2.11

12 Identifies physical changes in the body that accompany moderate to vigorous physical activity (e.g., heart rate increase, respirations, etc.). 10.A.2.12

13 Participates in sleep routines. 10.A.2.13

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b Physical Health Status 10.B

1 34-48 months 10.B.1

1 Maintains physical growth and well being. 10.B.1.1

2 Demonstrates body spatial awareness in relationship to stationary objects. 10.B.1.2

3 Participates in games, outdoor play, and other forms of physical activity. 10.B.1.3

4 Engages in adaptive physical activities, as appropriate. 10.B.1.4

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2 46-60 months End of Preschool Standards 10.B.2

1 Participates in games, outdoor activities like hiking, and other forms of exercise to increase movement and increase physical activity repertoire. 10.B.2.1

2 Develops an awareness of personal health and fitness. 10.B.2.2

3 Develops an awareness of personal health and an understanding of how to advocate for themselves (e.g., requests the calming corner, speaks up when belly hurts, etc.). 10.B.2.3

4 Participates in moderate to vigorous physical activities that increase strength, endurance, and flexibility, both independently and in groups. 10.B.2.4

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c Nutrition 10.C

1 34-48 months 10.C.1

1 Makes nutritional needs/ interests known.(e.g., when thirsty, asks for water, verbalizes when hungry, etc.). 10.C.1.1

2 Assists with set-up and clean-up at meal time as appropriate to the setting, is responsible for own area, and gathers needed materials for snack and meal time. 10.C.1.2

3 Child serves self to include but not limited to taking food from one container to another, opening packages accordingly, and serving bowl to plate. 10.C.1.3

4 With support, participates in nutrition related activities. 10.C.1.4

2 46-60 months End of Preschool Standards 10.C.2

1 With support, child recognizes a variety of health foods that come from other cultures. 10.C.2.1

2 Identifies foods by their food group, where they come from (e.g., apples from trees, eggs from chickens, milk from cows or goats, etc.) and understands the difference between healthy and unhealthy food choices. 10.C.2.2

3 Shows a growing awareness of proper nutrition and independence in hygiene and personal care when eating. 10.C.2.3

4 Engages in food preparation when possible. 10.C.2.4

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d Safety 10.D

1 34-48 months 10.D.1

1 Recognizes and names people who keep them safe in dangerous situations. 10.D.1.1

2 Has an awareness of strangers. 10.D.1.2

3 Develops awareness of and the ability to follow basic safety rules and practices. 10.D.1.3

4 Avoids hazardous chemicals and unsafe materials. 10.D.1.4

5 Seeks adult approval before approaching unknown pets. 10.D.1.5

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2 46-60 months End of Preschool Standards 10.D.2

1 Identifies how people help keep them safe in dangerous situations. 10.D.2.1

2 Follows basic safety rules and practices. Can respond appropriately to harmful or unsafe situations, objects, substances, and environments, and can identify the consequences of unsafe behavior. 10.D.2.2

3 Demonstrates behaviors to reduce personal health risk. (e.g., wearing a helmet while biking, and applying sunscreen with assistance, etc.). 10.D.2.3

4 Can identify potential unsafe situations such as proximity to wildlife and unknown pets, talking to strangers, hazardous chemical exposure, etc. 10.D.2.4

5 Follows emergency routines after adult instruction. 10.D.2.5

Motor Skills and Movement Patterns: addresses locomotor and non-locomotor skills and practices that are essential for children's overall development. 11

a **Fine Motor** 11.A

1 34-48 months 11.A.1

1 Holds drawing, writing, and painting tools with fingers and thumb, creating more recognizable drawings (letter like symbols, shapes), but may hold the instrument too close to one end. 11.A.1.1

2 Develops increasing strength, dexterity, and hand-eye coordination to use hands, fingers, and wrists to manipulate objects. 11.A.1.2

3 Cuts paper in straight line. 11.A.1.3

4 Completes interlocking puzzles. 11.A.1.4

5 Develops ability to have increased dexterity with utensils. 11.A.1.5

6. Uses increased skill in self-serving with little spilling 11.A.1.6

7 during meals, including pouring and using tongs. 11.A.1.7

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2 46-60 months End of Preschool Standards 11.A.2

1 Holds drawing, writing, and painting tools by using a three-point (tripod) finger grip, writing more detail, and drawing more recognizable facial features 11.A.2.1

2 Can write letters, basic shapes and lines and can draw more recognizable facial features. 11.A.2.2

3 Continues to progress with use of utensils independently with limited support, including the demonstration of spearing food with a fork, scooping with a spoon, spreading, and cutting with a knife or other culturally appropriate practice. 11.A.2.3

4 Demonstrates increased skills in using scissor grip to cut shapes or simple pictures while holding paper stationary with other hand. 11.A.2.4

5 Practice self-help skills including buttoning, zipping, fastening, tying etc. 11.A.2.5

6 Uses small, precise finger and hand movements (e.g. picking up small rocks and acorns or taking seeds out of sunflower heads). 11.A.2.6

7 Uses fingers, hands, and wrists to manipulate a variety of small tools. (e.g., stapler, hole punchers, spray bottles) 11.A.2.7

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b Gross Motor 11.B

1 34-48 months 11.B.1

1 Moves purposefully from place to place with control. 11.B.1.1

2 Moves with an awareness of personal space in relationship to others. 11.B.1.2

3 Hops on one foot one time without losing balance or falling. 11.B.1.3

4 Jumps down from a step and forward ten inches. 11.B.1.4

5 Walks forward and backward along a line or a beam using normal stride. 11.B.1.5

6 Walks up and down stairs, alternating feet. 11.B.1.6

7 Develops motor coordination and skill while using objects for a range of physical activities, such as pulling or throwing. 11.B.1.7

8 Combines large motor movements with the use of equipment. 11.B.1.8

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2 46-60 months End of Preschool Standards 11.B.2

1 Coordinates complex movements in play and games. 11.B.2.1

2 Understands movement concepts, how the body moves, an awareness of space and directionality, and that the body can move independently or in coordination with other objects. 11.B.2.2

3 Demonstrates progressive locomotive skills, successive hopping, and forward jumping. 11.B.2.3

4 Has control over speed and direction and balance such as: running, sliding, galloping forward, back, right, left. 11.B.2.4

5 Demonstrates body awareness skills while participating in group physical activities. 11.B.2.5

6 Manipulates objects with a full range of motion. 11.B.2.6

7 Develops coordination and balance using a variety of playground equipment, outdoor play, and/or naturebased exploration (i.e. balancing on a log). 11.B.2.7

8 Shows enthusiasm for mastery of gross motor movements through repetitive practice. 11.B.2.8