

Prekindergarten

Physical Development **PK.1**

1 Uses sense to assist and guide learning. **PK.1.1**

- a** Identifies sights, smells, sounds, tastes, and textures. **PK.1.1.A**
 - b** Compares and contrasts different sights, smells, tastes, and textures. **PK.1.1.B**
 - c** Communicates to discuss sights, smells, sounds, tastes, and textures. **PK.1.1.C**
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2 Uses sensory information to plan and carry out movements. **PK.1.2**

- a** Demonstrates appropriate body awareness when moving in different spaces. **PK.1.2.A**
 - b** Exhibits appropriate body movements when carrying out a task. **PK.1.2.B**
 - c** Demonstrates awareness of spatial boundaries and the ability to work within them. **PK.1.2.C**
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3 Demonstrates coordination and control of larger muscles. **PK.1.3**

- a** Displays an upright posture when standing or seated. **PK.1.3.A**
 - b** Maintains balance during sitting, standing, and movement activities. **PK.1.3.B**
 - c** Runs, jumps, walks in a straight line, and hops on one foot. **PK.1.3.C**
 - d** Navigates stairs using alternating feet. **PK.1.3.D**
 - e** Puts on age-appropriate clothing items, such as shirts, jackets, pants, shoes, etc. **PK.1.3.E**
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4 Combines a sequence of large motor skills with and without the use of equipment. **PK.1.4**

- a** Navigates age-appropriate playground equipment. **PK.1.4.A**
 - b** Explores, practices, and performs skill sets. **PK.1.4.B**
 - c** Participates in a series of large motor movements or activities (e.g., dancing, pedaling, following the leader, participating in games/sports). **PK.1.4.C**
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5 Demonstrates eye-hand coordination and fine motor skills **PK.1.5**

- a** Demonstrates ability to use fine motor skills (e.g., engages in finger plays, uses materials such as pencils, paint brushes and utensils effectively). **PK.1.5.A**
 - b** Manipulates small objects with ease (e.g., fits objects into holes, strings wooden beads, etc.) **PK.1.5.B**
 - c** Uses buttons, zippers, snaps, hooks, and tape successfully. **PK.1.5.C**
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Physical Fitness PK.2

1 Engages in a variety of physical fitness activities. PK.2.1

- a Engages in rigorous large motor activities (e.g., walking, marching, hopping, running, jumping, dancing) in increasingly longer periods of time as skill and endurance develops. PK.2.1.A
 - b Participates in activities designed to strengthen major muscle groups. PK.2.1.B
 - c Participates in activities to promote balance and flexibility. PK.2.1.C
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Physical Health and Well-Being PK.3

1 Demonstrates personal care and hygiene skills. PK.3.1

- a Demonstrates growing independence in using personal hygiene skills. PK.3.1.A
 - b Exhibits self-help when dressing, cleaning up, participating in meals, etc. PK.3.1.B
 - c Recognizes and communicates the need to use the restroom or when experiencing symptoms of hunger or illness. PK.3.1.C
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2 Demonstrates awareness and understanding of healthy habits. PK.3.2

- a Recognizes the importance of good nutrition, water, rest, and sleep to be healthy. PK.3.2.A
 - b Demonstrates ways to self-soothe during times of stress. PK.3.2.AB
 - c Talks about food choices in relationship to personal allergies and overall health. PK.3.2.AC
 - d Relates healthy behaviors to good personal health (e.g., eating a balanced diet, exercising, etc.). PK.3.2.AD
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Physical Safety PK.4

1 Demonstrates awareness and understanding of safety rules. PK.4.1

- a Verbalizes and demonstrates safety rules (e.g., bus safety, holding an adult's hand when walking on sidewalks or near a street). PK.4.1.A
- b Understands and communicates that some practices could be unsafe (e.g., playing with matches, playing near a busy street, not wearing a bike helmet, etc.). PK.4.1.B
- c Participates in fire evacuation drills, understands what the alarm bell is and the need to go to a safe location, etc. PK.4.1.C
- d Explains how to get help in emergency situations (e.g., communicates their guardian's name). PK.4.1.D