New York Prekindergarten Learning Standards

Physical Development and Health

PHYSICAL DEVELOPMENT

1 **Uses senses to assist and guide learning.** PK.PDH.1

- a Identifies sights, smells, sounds, tastes and textures PK.PDH.1.A
- b Compares and contrasts different sights, smells, sounds, tastes, and textures PK.PDH.1.B
- c Communicates to discuss sights, smells, sounds, tastes, and textures PK.PDH.1.C

2 **Uses sensory information to plan and carry out movements** PK.PDH.2

- a Demonstrates appropriate body awareness when moving in different spaces (i.e., aware of their own body) PK.PDH.2.A
- b Exhibits appropriate body movements when carrying out a task PK.PDH.2.B
- c Demonstrates awareness of spatial boundaries and the ability to work within them (i.e., aware of the things around them) PK.PDH.2.C

3 **Demonstrates coordination and control of large muscles** PK.PDH.3

- a Displays an upright posture when standing or seated PK.PDH.3.A
- b Maintains balance during sitting, standing, and movement activities PK.PDH.3.B
- c Runs, jumps, walks in a straight line, and hops on one foot PK.PDH.3.C
- d Navigates stairs using alternating feet PK.PDH.3.D
- e Puts on age appropriate clothing items, such as shirts, jackets, pants, shoes, etc. PK.PDH.3.E

4 **Combines a sequence of large motor skills with and without the use of equipment** PK.PDH.4

- a Navigates age appropriate playground equipment PK.PDH.4.A
- b Explores, practices, and performs skill sets (e.g., throwing, pushing, pulling, catching, balancing, etc.) PK.PDH.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.PDH.4.C

5 **Demonstrates eye-hand coordination and fne motor skills** PK.PDH.5

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a Demonstrates ability to use fine motor skills (e.g., engages in finger plays, uses materials such as pencils, paint brushes, eating utensils and blunt scissors effectively) PK.PDH.5.A

b Manipulates small objects with ease (e.g., fts objects into holes, strings wooden beads, stacks mini blocks, uses geo boards, etc.) PK.PDH.5.B

c Uses buttons, zippers, snaps, hooks, and tape successfully PK.PDH.5.C

PHYSICAL FITNESS

6 Engages in a variety of physical fitness activities PK.PDH.6

a Engages in rigorous large motor activities (e.g., marching, hopping, running, jumping, dancing) in increasingly longer periods of time as skill and endurance develops PK.PDH.6.A

b Participates in activities designed to strengthen major muscle groups PK.PDH.6.B

c Participates in activities to promote balance and flexibility PK.PDH.6.C

PHYSICAL HEALTH AND WELL-BEING

7 Demonstrates personal care and hygiene skills PK.PDH.7

a Demonstrates growing independence in using personal hygiene skills (e.g., washing hands, brushing teeth, toileting, etc.) PK.PDH.7.A

b Exhibits self-help skills when dressing, cleaning up, participating in meals, etc. PK.PDH.7.B

c Recognizes and communicates the need to use the restroom or when experiencing symptoms of hunger or illness PK.PDH.7.C

8 Demonstrates awareness and understanding of healthy habits. PK.PDH.8

a Recognizes the importance of good nutrition, water, rest and sleep to be healthy PK.PDH.8.A

b Demonstrates ways to self-soothe during times of stress PK.PDH.8.B

c Talks about food choices in relationship to personal allergies and overall health PK.PDH.8.C

d Relates healthy behaviors to good personal health (e.g., eating a balanced diet, exercising) PK.PDH.8.D

PHYSICAL SAFETY

9 Demonstrates awareness and understanding of safety rules PK.PDH.9

a Verbalizes and demonstrates safety rules (e.g., bus safety, holding an adult's hand when walking on sidewalks or near a street) PK.PDH.9.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) PK.PDH.9.B

c Participates in fre evacuation drills, understands what the alarm bell is and the need to go to a safe location, etc. PK.PDH.9.C

d Explains how to get help in emergency situations (e.g., communicates their guardian's name and phone number) PK.PDH.9.D