Older Preschoolers

Motor Development and Coordination

Children develop strength, coordination, and control of their large muscles.

1. Exhibit motor control and balance when moving the whole body in a range of physical activities (e.g., alternate feet walking up and down stairs, propelling a wheelchair or mobility device, skipping, running, climbing and hopping)
2. Demonstrate motor control and coordination when using objects for a range of physical activities (e.g., pulling, throwing, catching, kicking, bouncing or hitting balls, pedaling a tricycle)
3. Move through space showing awareness of own body in relation to other people and objects
4. Manipulate balls or similar objects with flexible body movements (e.g., bounce and catch a ball

Children develop strength, eye-hand coordination, and control of their small or fine motor muscles.

1. Demonstrate fine motor skills requiring greater strength and control (e.g., use a paper punch, stapler, spray bottle)
2. Use eye-hand coordination to accomplish more complex tasks (e.g., button or zip clothes, eat with a fork, cut out simple shapes staying close to lines, use writing tools, fit pegs into pegboard)

Health and Safety Practices

Children develop healthy eating habits and knowledge of good nutrition.

1. Eat a variety of nutritious foods
2. Distinguish food on a continuum from most healthy to less healthy
3. Assist adults to prepare healthy snacks and meals
4. Communicate food preferences
5. Sort food into food groups and communicate benefits of healthy foods

Children develop personal health and self-care habits, and become increasingly independent.

1. Communicate with words or sign language to ask adults or peers specifically for the kind of help needed in a particular situation
2. Independently start and participate in sleep routines

Communicate ways sleep keeps us healthy and makes us feel good

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4 Communicate how daily activity and healthy behavior promote overall personal health with some support

5 Independently complete personal care tasks (e.g., brushing teeth, toileting, washing hands)

6 Explain the importance of doctor and dentist visits and cooperate during these visits and with health and developmental screenings

7 Recognize and communicate when experiencing pain or symptoms of illness

8 Participate in structured and unstructured physical activities 46

Children develop the ability to identify unsafe situations, and use safe practices.

1 Avoid potentially dangerous behaviors (e.g., do not take medicine or cross road without adult assistance)

2 Follow basic safety rules and show safe behavior for self and others by applying established rules, procedures and safe practices with adult guidance

3 Identify adults in their communities who can keep them safe (e.g., police, firefighter)

4 Communicate an understanding of the importance of health and safety routines and rules

5 Follow basic health and safety rules and respond appropriately to harmful or unsafe situations