

DEVELOPMENTAL DOMAIN 2

# Physical & Health

STANDARDS	BENCHMARKS / Example
<p><b>Gross Motor</b></p> <p>2.1 <i>Participates in a variety of gross and perceptual motor activities with age-appropriate equipment to develop control, balance, strength, and coordination</i></p>	<p>2.1.1 Uses spatial awareness to control body movements and perceptual motor integration to show the ability of different sensory systems (visual, auditory, etc.) working together</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>» Child kicks a ball</li> <li>» Child balances while walking on a line</li> <li>» Child holds onto feet while lying on back</li> </ul>
	<p>2.1.2 Develops coordination and balance</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>» Child can sit, rock, stand, hop on one foot, etc.</li> </ul>
	<p>2.1.3 Increases strength, endurance, and flexibility</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>» Child picks up large blocks for building</li> <li>» Child plays running games (tag, racing)</li> <li>» Child crawls through a tunnel</li> </ul>
	<p>2.1.4 Coordinates large muscle movements</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>» Child can roll-over, crawl, walk, throw, run, etc.</li> </ul>
<p><b>Fine Motor</b></p> <p>2.2 <i>Uses fine motor skills in a variety of age-appropriate ways with purpose, precision, and coordination</i></p>	<p>2.2.1 Develops eye-hand coordination</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>» Child successfully uses safety scissors to cut</li> <li>» Child builds with small connecting blocks</li> </ul>
	<p>2.2.2 Holds and uses objects properly</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>» Child uses hands and fingers to reach, grasp, manipulate and release</li> </ul>
	<p>2.2.3 Shows increasing refinement and detail in movements</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>» Child holds a small block with thumb and fingertips</li> <li>» Child draws and paints with control</li> <li>» Child tears paper into pieces</li> </ul>
	<p>2.2.4 Performs tasks that require small muscle strength and control</p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>» Child strings large beads</li> <li>» Child hits peg with a toy hammer</li> </ul>

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<p><b>Health</b></p> <p>2.3 <i>Participates in activities related to health and personal care routines</i></p>	<p>2.3.1 Willingly takes part in various learning experiences about nutrition and tries a variety of nutritious foods  <i>Example:</i></p> <ul style="list-style-type: none"> <li>» Child shows an interest in the kinds of foods being eaten by others</li> <li>» Child willingly tries new foods</li> <li>» Child participates in preparing his/her own healthy snack</li> </ul> <hr/> <p>2.3.2 Learns the importance of a healthy body, daily physical activity, and rest  <i>Example:</i></p> <ul style="list-style-type: none"> <li>» Child willingly rests at nap time</li> <li>» Child tells a friend, "Let's play tag."</li> </ul> <hr/> <p>2.3.3 Shows increasing independence in performing personal care routines  <i>Example:</i></p> <ul style="list-style-type: none"> <li>» Child gets a tissue to wipe his/her nose and then washes hands</li> <li>» Child covers mouth when sneezing and/or coughing</li> </ul> <hr/> <p>2.3.4 Shows understanding of the importance of visiting the doctor, dentist, etc. and following their instructions  <i>Example:</i></p> <ul style="list-style-type: none"> <li>» Child roleplays as a dentist, doctor, etc.</li> <li>» Child shares about his/her experience at the optometrist</li> </ul>
<p><b>Safety</b></p> <p>2.4 <i>Recognizes and practices safe behaviors</i></p>	<p>2.4.1 Listens to and follows adult directions on safety procedures  <i>Example:</i></p> <ul style="list-style-type: none"> <li>» Child follows directions during emergency drills</li> <li>» Child follows classroom safety rules, e.g. walking not running</li> <li>» Child handles scissors safely</li> </ul> <hr/> <p>2.4.2 Knows how and when to seek help  <i>Example:</i></p> <ul style="list-style-type: none"> <li>» Child seeks out an adult when someone gets hurt</li> <li>» Child understands when and how to call 911</li> </ul> <hr/> <p>2.4.3 Develops knowledge of environmental safety practices  <i>Example:</i></p> <ul style="list-style-type: none"> <li>» Child is aware of safety practices regarding car/booster seat, water, sun, animals, plants, playgrounds, fire, streets, weapons, medications, poisons, tools, etc.</li> </ul> <hr/> <p>2.4.4 Develops knowledge of personal safety including good and bad touch, stranger awareness, and knowing personal information  <i>Example:</i></p> <ul style="list-style-type: none"> <li>» Child recites home address and parent's phone number</li> <li>» Child describes stranger danger and personal space</li> </ul>
<p><b>Sensory Development</b></p> <p>2.5 <i>Uses senses to become aware of the social and physical environment</i></p>	<p>2.5.1 Children use their senses to explore objects and people in their environment  <i>Example:</i></p> <ul style="list-style-type: none"> <li>» Child participates in a walk-a-long and describes the environment by using his/her senses</li> <li>» Child identifies others by recognizing his/her voice</li> </ul>