

DEVELOPMENTAL DOMAIN 2

Physical & Health

STANDARDS	BENCHMARKS / Example
Gross Motor	
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>	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 Example: » Child kicks a ball » Child balances while walking on a line » Child holds onto feet while lying on back
	2.1.2 Develops coordination and balance Example: » Child can sit, rock, stand, hop on one foot, etc.
	2.1.3 Increases strength, endurance, and flexibility Example: » Child picks up large blocks for building » Child plays running games (tag, racing) » Child crawls through a tunnel
	2.1.4 Coordinates large muscle movements Example: » Child can roll over, crawl, walk, throw, run, etc.
Fine Motor	
2.2 <i>Uses fine motor skills in a variety of age-appropriate ways with purpose, precision, and coordination</i>	2.2.1 Develops eye-hand coordination Example: » Child successfully uses safety scissors to cut » Child builds with small connecting blocks » Child picks up food and brings to mouth
	2.2.2 Holds and uses objects properly Example: » Child uses hands and fingers to reach, grasp, manipulate, and release
	2.2.3 Shows increasing refinement and detail in movements Example: » Child holds a small block with thumb and fingertips » Child draws and paints with control » Child tears paper into pieces
	2.2.4 Performs tasks that require fine muscle strength and control Example: » Child strings large beads » Child hits peg with a toy hammer » Child uses hand or object in a sweeping motion to bring an item closer

STANDARDS	BENCHMARKS / Example
Health 2.3 Participates in activities related to health and personal care routines	2.3.1 Takes part in various learning experiences about nutrition <i>Example:</i> » Child shows an interest in the kinds of foods being eaten by others » Child willingly tries new foods » Child participates in preparing healthy snacks
	2.3.2 Learns the importance of a healthy body, daily physical activity, and rest <i>Example:</i> » Child willingly rests at nap time » Child tells a friend, "Let's play tag" » Child identifies and participates in activities that maintain a healthy body
	2.3.3 Shows increasing independence in performing personal care routines <i>Example:</i> » Child gets tissue to wipe own nose and then washes hands » Child covers mouth when sneezing and/or coughing
	2.3.4 Shows understanding of the importance of visiting the doctor, dentist, etc. and following their instructions <i>Example:</i> » Child role-plays as a dentist, doctor, nurse, etc.
Safety 2.4 Recognizes and practices safe behaviors	2.4.1 Listens to and follows adult directions on safety procedures <i>Example:</i> » Child follows directions during emergency drills » Child follows classroom safety rules, e.g., walking not running » Child handles scissors safely
	2.4.2 Knows how and when to seek help <i>Example:</i> » Child seeks out an adult when someone gets hurt » Child understands when and how to call 911
	2.4.3 Develops knowledge of safety practices <i>Example:</i> » Child is aware of safety practices regarding car/booster seat, water, sun, animals, plants, playgrounds, fire, streets, medications, poisons, tools, etc.
	2.4.4 Develops knowledge of personal safety including good and bad touch, stranger awareness, and knowing personal information <i>Example:</i> » Child recites home address and parent's phone number » Child identifies and understands personal space » Child uses hand signal or verbalizes to communicate "stop" or "no" » Child identifies greeting preference (high five, hug, etc.)
Sensory Development 2.5 Uses senses to become aware of the social and physical environment	2.5.1 Children use their senses to explore objects and people in their environment <i>Example:</i> » Child participates in a walk-along and describes the environment by using senses » Child explores new foods by touching, tasting, or smelling