

# Physical Development and Wellness

## Motor Development 1

### a Develops competency in a variety of locomotor and non-locomotor skills. 1.A

- 1 Begins to move head, arms, legs, and trunk. 1.A.1
- 2 Moves head, arms, legs, and trunk with purpose. 1.A.2
- 3 Explores new body positions and movements. 1.A.3
- 4 Moves the whole body to achieve a goal. 1.A.4
- 5 Stands independently. 1.A.5
- 6 Expands use of different body positions and movements (e.g., walking, turning, running, jumping) with coordination and balance. 1.A.6
- 7 Demonstrates locomotor and non-locomotor skills with control, coordination, and balance both with and without objects. 1.A.7

---

### b Demonstrates developing control of fundamental fine motor skills, including hand-eye coordination. 1.B

- 1 Tracks objects visually and focuses on an object or person.<sup>12</sup> 1.B.1
- 2 Uses one hand to swipe at, reach for, and grasp at objects. 1.B.2
- 3 Uses one or both hands to reach for, hold, shake, and release objects. • 1.B.3
- 4 Coordinates hands and eyes to use hand or hands in a specific way, to reach for and hold steady objects, and to move objects.<sup>13</sup> 1.B.4
- 5 Accomplishes a variety of tasks or actions with the coordinated use of arms, hands, and fingers. 1.B.5
- 6 Performs tasks requiring precise movements by coordinating the use of hands, fingers, and wrists to manipulate objects and tools. 1.B.6

---

### c Develops oral motor skills. 1.C

- 1 Uses mouth and tongue to explore objects. 1.C.1
- 2 Takes and chews small bites/pieces of finger food. 1.C.2
- 3 Coordinates sipping, chewing, and swallowing. 1.C.3
- 4 Demonstrates complex oral motor skills. 1.C.4

---

**d Uses senses to guide movement and interactions with objects and other people.** 1.D

- 1 Uses senses to explore objects. 1.D.1
- 2 Uses depth perception to guide movements. 1.D.2
- 3 Uses trial and error to discover how the body fits and moves through space. 1.D.3
- 4 Interacts with objects or materials in different ways based on perceptual information about the objects or materials.14 1.D.4
- 5 Demonstrates spatial awareness that allows for coordinated movements, actions, and interactions with others. 1.D.5

---

**Wellness 2**

**a Develops knowledge about the body, its parts, and how it functions.** 2.A

- 1 Shows awareness of own body. 2.A.1
- 2 Points to basic body parts when asked. 2.A.2
- 3 Names, points to, and moves body parts when asked. 2.A.3
- 4 Identifies and describes the functions of body parts. 2.A.4

---

**b Demonstrates personal health and self-care practices with increasing independence.** 2.B

- 1 Communicates a need for care. 2.B.1
- 2 Settles down and falls asleep after a familiar sleep routine. 2.B.2
- 3 Cooperates in dressing, eating, and basic hygiene. 2.B.3
- 4 Participates in personal care tasks (e.g., handwashing, dressing, dental care). 2.B.4
- 5 Initiates personal care tasks (e.g., handwashing, dressing, toileting). 2.B.5
- 6 Completes personal care tasks independently (e.g., handwashing, dressing, toileting). 2.B.6

---

**c Consumes healthy food and develops healthy eating habits.** 2.C

- 1 Participates in feeding routines. 2.C.1
- 2 Shows interest and tries new foods when offered. 2.C.2
- 3 Communicates to adults when hungry, thirsty, or has had enough to eat. 2.C.3
- 4 Consumes a variety of nutritious foods from all food groups. 2.C.4
- 5 Distinguishes nutritious from non-nutritious foods. 2.C.5
6. Demonstrates basic understanding that eating a variety of foods helps the body grow and be healthy. 2.C.6

---

**d Develops healthy sleep and rest behaviors. 2.D**

- 1 Participates in periods of sleep and wakefulness. 2.D.1
- 2 Settles down and falls asleep after a familiar sleep routine. 2.D.2
- 3 Rests or naps for periods during the day with assistance from adult. 2.D.3
- 4 Recognizes and communicates being tired or needing to take a break from activity. 2.D.4

---

**e Participates in preferred physical activities and develops understanding that being physically active is healthy. 2.E**

- 1 Interacts with adults in physical activities. 2.E.1
- 2 Participates in active physical play using simple movement skills. 2.E.2
- 3 Participates in a variety of physical activities throughout the day. 2.E.3
- 4 Participates in structured and unstructured physical activity that promotes aerobic activity, muscle strengthening, and bone strengthening. 2.E.4
- 5 Demonstrates basic understanding that physical activity helps the body grow and be healthy. 2.E.5

---

**f Demonstrates increasing understanding of safety practices and behaviors. 2.F**

- 1 Responds differently to familiar and unfamiliar people, environments, or experiences. 2.F.1
- 2 Cooperates and/or stops a behavior in response to a direction regarding safety. 2.F.2
- 3 Follows basic safety rules with few adult reminders. 2.F.3
- 4 Communicates the importance of safety rules and consequences. 2.F.4