

# Physical Development

**Sensorimotor:** Use senses to assist and guide learning; using sensory information to plan and carry out movements.

- 1 Compare, contrast, and describe different sights, smells, sounds, tastes, and textures founding the environment.** [PK.PD.1](#)
- 2 Demonstrate awareness of spatial boundaries and the ability to work and move within them.** [PK.PD.2](#)

**Gross Motor:** Demonstrate coordination and control of large muscles.

- 3 Develop body strength, balance, flexibility, and stamina to move self through space in a variety of ways (e.g., running, jumping, skipping).** [PK.PD.3](#)
- 4 Explore a variety of equipment and activities that enhance gross motor development and coordinate movements with upper and/or lower body (e.g., balls, slides, locomotive toys, and assistive technology).** [PK.PD.4](#)

**Fine Motor:** Demonstrate eye-hand coordination and dexterity needed to manipulate objects.

- 5 Experiment with handheld tools to develop strength, control, and dexterity of small muscles (e.g., paintbrushes, crayons, markers, lacing, clay, etc.).** [PK.PD.5](#)
- 6 Explore and engage in activities which enhance hand-eye-coordination (e.g., building with blocks, creating with clay, putting puzzles together, and using other manipulatives).** [PK.PD.6](#)

**Personal Health & Safety**

- 7 Demonstrate personal care and hygiene skills.** [PK.PD.7](#)
- 8 Demonstrate awareness and understanding of healthy habits (e.g., sufficient rest, nutritious foods, exercise).** [PK.PD.8](#)
- 9 Demonstrate awareness and understanding of safety rules.** [PK.PD.9](#)