

# Physical Health and Development: Preschool

## Gross Motor Skills

### Pre 3

- 1 Uses locomotor skills with increasing coordination and balance. [PHD.GMS.P3.1](#)
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### Pre 4

- 1 Demonstrates locomotor skills with control, coordination and balance in active play. [PHD.GMS.P4.1](#)
  - 2 Demonstrates coordination in using objects during active play. [PHD.GMS.P4.2](#)
  - 3 Explores, practices and performs skill sets. [PHD.GMS.P4.](#)
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## Fine Motor Skills

### Pre 3

- 1 Uses classroom and household tools independently and with eye-hand coordination to carry out more complex activities. [PHD.FMS.P3.1](#)
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### Pre 4

- 1 With fluency and accuracy, uses classroom and household tools independently and with eyehand coordination to carry out activities. [PHD.FMS.P4.1](#)
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## Physical Fitness

### Pre 3

- 1 Participates in a variety of active play exhibiting strength and stamina. [PHD.PF.P3.1](#)
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### Pre 4

- 1 Participates in a variety of active play exhibiting strength and stamina for increasing amounts of time. [PHD.PF.P4.1](#)
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## Nutrition & Healthy Eating

### Pre 3

- 1 Eats a variety of foods. [PHD.NHE.P3.1](#)
  - 2 Drinks from a cup without spilling and takes bites from whole foods. [PHD.NHE.P3.2](#)
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### Pre 4

- 1 Demonstrates basic understanding that eating a variety of foods helps the body grow and be healthy. [PHD.NHE.P4.1](#)
  - 2 Demonstrates increasingly complex oral motor skills. [PHD.NHE.P4.2](#)
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## Self-Care

### Pre 3

- 1 Follows basic health practices with occasional reminders. [PHD.SC.P3.1](#)
  - 2 Completes personal care tasks with some adult assistance. [PHD.SC.P3.2](#)
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### Pre 4

- 1 Follows basic health practices. [PHD.SC.P4.1](#)
  - 2 Completes personal care tasks with increasing responsibility. [PHD.SC.P4.2](#)
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## Safety

### Pre 3

- 1 Knows common safety rules that have been discussed or taught. [PHD.S.P3.1](#)
  - 2 Alerts adults to potentially harmful situations. [PHD.S.P3.2](#)
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### Pre 4

- 1 Identifies and follows basic safety rules with possible reminders, guidance and support. [PHD.S.P4.1](#)
- 2 Demonstrates an ability to follow emergency routines with adult support. [PHD.S.P4.2](#)
- 3 Identifies how adults help to keep us safe. [PHD.S.P4.3](#)