

Health, Safety and Physical Development

Demonstrate knowledge and skills that contribute to a healthy lifestyle. HSP.HE

- 1 Practice basic personal hygiene skills.** HSP.HE.PK1
- 2 Practice simple self-care.** HSP.HE.PK2
- 3 Practice basic disease prevention skills.** HSP.HE.PK3
- 4 Engage in moderate to vigorous physical activities and large motor play on a daily basis.** HSP.HE.PK4
- 5 Identify the basic need for air, water, and food.** HSP.HE.PK5
- 6 Identify and/ or describe a variety of foods.** HSP.HE.PK6
- 7 Communicate about the importance of eating a variety of foods and making healthy food choices.** HSP.HE.PK7
- 8 Communicate feelings of hunger and fullness** HSP.HE.PK8

Demonstrate knowledge of personal safety practices HSP.SA

- 1 Describe and follow basic safety rules.** HSP.SA.PK1
- 2 Seek teacher assistance when injured or ill.** HSP.SA.PK2
- 3 Identify, avoid, and alert teachers of potential safety hazards or danger.** HSP.SA.PK3
- 4 Recognize community health and safety helpers.** HSP.SA.PK4

Demonstrate large motor skills and different types of movement. HSP.LM

- 1 Use large muscles with control and strength.** HSP.LM.PK1
- 2 Perform activities that combine and coordinate large muscle movements.** HSP.LM.PK2
- 3 Maintain balance when sitting, standing, or moving.** HSP.LM.PK3
- 4 Exhibit strength and stamina to participate in a variety of large motor activities.** HSP.LM.PK4

5 Use perceptual (e.g., visuospatial) information to guide movements around objects and other people. HSP.LM.PK5

Demonstrate strength and coordination of small motor skills to use tools and complete tasks HSP.SM

1 Use small motor hand muscles with strength and control to manipulate tools and other small items. HSP.SM.PK1

2 Use the thumb and first three fingers to hold and manipulate tools for activities such as writing, drawing, and painting. HSP.SM.PK2

3 Exhibit eyehand coordination when manipulating small objects. HSP.SM.PK3