

# Physical Development and Health-PreK (Early Childhood)

**GOAL 19: Acquire movement skills and understand concepts needed to explore the environment, support learning, and engage in health-enhancing physical activity.** PDH.EC.19

**A LEARNING STANDARD 19A: Demonstrate physical competency and control of large and small muscles.** PDH.EC.19A

- i Engage in active play using gross- and fine-motor skills. PDH.EC.19A-1
- ii Move with balance and control in a range of physical activities. PDH.EC.19A-2
- iii Use strength and control to accomplish tasks. PDH.EC.19A-3
- iv Use eye-hand coordination to perform tasks. PDH.EC.19A-4
- v Use writing and drawing tools with some control. PDH.EC.19A-5

**B LEARNING STANDARD 19B: Demonstrate awareness and coordination of body movements.** PDH.EC.19B

- i Coordinate movements to perform complex tasks. PDH.EC.19B-1
- ii Demonstrate body awareness when moving in different spaces. PDH.EC.19B-2
- iii Combine large motor movements with and without the use of equipment. PDH.EC.19B-3

**C LEARNING STANDARD 19C: Demonstrate knowledge of rules and safety during activity.** PDH.EC.19C

- i Follow simple safety rules while participating in activities. PDH.EC.19C-1

**GOAL 20: Develop habits for lifelong fitness.** PDH.EC.20

**A LEARNING STANDARD 20A: Achieve and maintain a health-enhancing level of physical fitness.** PDH.EC.20A

- i Participate in activities to enhance physical fitness. PDH.EC.20A-1
- ii Exhibit increased levels of physical activity. PDH.EC.20A-2

**B LEARNING STANDARD 20B: Assess individual fitness levels.** PDH.EC.20B

**C LEARNING STANDARD 20C: Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.** PDH.EC.20C

**GOAL 21: Develop team-building skills by working with others through physical activity.** PDH.EC.21

**A LEARNING STANDARD 21A: Demonstrate individual responsibility during group physical activities.** PDH.EC.21A

- i Follow rules and procedures when participating in group physical activities. PDH.EC.21A-1
- ii Follow directions, with occasional adult reminders, during group activities. PDH.EC.21A-2

**B LEARNING STANDARD 21B: Demonstrate cooperative skills during structured group physical activity.** PDH.EC.21B

- i Demonstrate ability to cooperate with others during group physical activities. PDH.EC.21B-1

**GOAL 22: Understand principles of health promotion and the prevention and treatment of illness and injury.** PDH.EC.22

**A LEARNING STANDARD 22A: Explain the basic principles of health promotion, illness prevention, treatment, and safety.** PDH.EC.22A

- ii Demonstrate personal care and hygiene skills, with adult reminders. PDH.EC.22A-2
- i Identify simple practices that promote healthy living and prevent illness. PDH.EC.22A-1
- iii Identify and follow basic safety rules. PDH.EC.22A-3

**B LEARNING STANDARD 22B: Describe and explain the factors that influence health among individuals, groups, and communities.** PDH.EC.22B

**C LEARNING STANDARD 22C: Explain how the environment can affect health.** PDH.EC.22C

**GOAL 23: Understand human body systems and factors that influence growth and development.** PDH.EC.23

**A LEARNING STANDARD 23A: Describe and explain the structure and functions of the human body systems and how they interrelate.** PDH.EC.23A

- i Identify body parts and their functions. PDH.EC.23A-1

**B LEARNING STANDARD 23B: Identify ways to keep the body healthy.** PDH.EC.23B

- i Identify examples of healthy habits. PDH.EC.23B-1
- ii Identify healthy and nonhealthy foods and explain the effect of these foods on the body. PDH.EC.23B-2

**C LEARNING STANDARD 23C: Describe factors that affect growth and development.** PDH.EC.23C

**GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.** PDH.EC.24

**A LEARNING STANDARD 24A: Demonstrate procedures for communicating in positive ways, resolving differences, and preventing conflict.** PDH.EC.24A

**B LEARNING STANDARD 24B: Apply decision-making skills related to the protection and promotion of individual health.** PDH.EC.24B

---

**C LEARNING STANDARD 24C: Demonstrate skills essential to enhancing health and avoiding dangerous situations.** PDH.EC.24C

- i Participate in activities to learn to avoid dangerous situations. PDH.EC.24C-1