

# Physical Health and Growth: Kindergarten

## Health and Safety

### 1 Demonstrate development of healthy practices PHG1.1

- a Identify that healthy behaviors affect personal health. HW K-2.1.1
  - b Recognize that there are multiple dimensions of health. (mental/emotional, intellectual, physical, environmental, and social health). HW K-2.1.2
  - c Describe ways to prevent communicable diseases. HW K-2.1.3
  - d Identify how the family and culture influence personal health practices and behaviors. HW K-2.2.1
- 

### 2 Demonstrate development of safety practices PHG1.2

- a List ways to prevent common childhood injuries. HW K-2.1.4
  - b List a variety of behaviors to avoid or reduce health and safety risks. HW K-2.7.2
  - c Recognizes the established protocols for class activities. PE K.4.4.A
  - d Follows teacher directions for safe participation and proper use of equipment with minimal reminders. PE K.4.5.A
- 

### 3 Demonstrate development of nutrition awareness PHG1.3

- a Identifies health and unhealthy foods and recognizes that food provides energy for physical activity. PE K.3.6.A
  - b Identify that healthy behaviors affect personal health HW K-2.1.1
  - c Describe and compare the growth and development of common living plants and animals. K.LS.1
  - d Describe and compare the physical features of common living plants and animals. K.LS.2
  - e Use observation to describe patterns of what plants and animals (including humans) need to survive. K.LS.3
-

## Senses

### 1 Demonstrate how the five senses support processing information PH62.1

- a Ask questions, make observations, and gather information about a situation people want to change to define a simple problem that can be solved through the development of a new or improved object or tool. K-2-ETS1-1
  - b Compare two and three-dimensional shapes in different sizes and orientations, using informal language to describe their similarities, differences, parts (e. g., number of sides and vertices/" corners") and other attributes (e.g., having sides of equal length). K.G.1
  - c Make direct comparisons of the length, capacity, weight, and temperature of objects, and identify which object is shorter, longer, taller, lighter, heavier, warmer, cooler, or holds more. K.M.1
- 

### 2 Demonstrate development of body awareness and physical activity PH62.2

- a Travels in three different pathways (such as moving in various patterns: straight, curved). PE K.2.2.A
  - b Travels in general space with different speeds (such as traveling at various speeds in skill development activities). PE K.2.3.A
  - c Recognize that when you move fast, your heart beats faster and you breathe faster. PE K.3.3.A
- 

## Motor Skills

### 1 Demonstrate development of fine and gross motor coordination PH63.1

- a The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.
  - b PE K.1.1.A through K. 1.5.A
  - c PE K.1.7.A through K. 1.16.A
- 

### 2 Demonstrate development of oral motor skills PH63.2

- a Identify character traits and behaviors of a healthy and safe person. HW K-2.7.1
- 

## Personal Care

### 1 Demonstrate increased independence in personal care routines\* PH64.1

- a Identify how family and culture influence personal health practices and behaviors. HW K-2.2.1
- b Identify character traits and behaviors of a healthy and safe person. HW K-2.7.1