

North Carolina Foundations for Early Learning and Development

Health and Physical Development (HPD)

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Physical Health and Growth

Goal HPD-1. Children develop healthy eating habits. **GOAL HPD-1**

HPD-1p. Try new foods. **HPD-1P**

HPD-1q. Feed themselves with utensils independently. **HPD-1Q**

HPD-1r. Communicate that some foods are good for them (fresh fruits, vegetables, milk) and some are not healthy (potato chips, soda). **HPD-1R**

HPD-1s. Try new foods. **HPD-1S**

HPD-1t. Feed themselves with utensils independently. **HPD-1T**

HPD-1u. Given a selection of familiar foods, identify which foods are nutritious and which are not. **HPD-1U**

HPD-1v. Talk about variety and amount of foods needed to be healthy (can identify what is missing from their meal). **HPD-1V**

HPD-1w. Name foods and beverages that help to build healthy bodies. **HPD-1W**

Goal HPD-2. Children engage in active physical play indoors and outdoors. **GOAL HPD-2**

HPD-2k. Develop strength and stamina by spending moderate periods of time playing vigorously. **HPD-2K**

HPD-2l. Choose a variety of structured and unstructured physical activities indoors and outdoors. **HPD-2L**

HPD-2m. Participate in simple games and other structured motor activities that enhance physical fitness (songs with movement, throwing and catching). **HPD-2M**

HPD-2n. Transition from active to quiet activities with limited guidance and support. **HPD-2N**

HPD-2o. Develop strength and stamina by spending extended periods of time playing vigorously. **HPD-2O**

HPD-2p. Communicate ways exercise keeps us healthy and makes us feel good. **HPD-2P**

HPD-2q. Participate in structured and unstructured motor activities that build strength, speed, flexibility, and coordination (red light, green light; chase; free play). **HPD-2Q**

HPD-2r. Transition independently from active to quiet activities most of the time. **HPD-2R**

Goal HPD-3. Children develop healthy sleeping habits. **GOAL HPD-3**

HPD-3i. Recognize and communicate signs of being tired. **HPD-3I**

HPD-3j. With increasing independence, start and participate in sleep routines. **HPD-3J**

HPD-3k. Communicate ways sleep keeps us healthy and makes us feel good. **HPD-3K**

HPD-3l. Independently start and participate in sleep routines most of the time. **HPD-3L**

Motor Development

Goal HPD-4. Children develop the large muscle control and abilities needed to move through and explore their environment. **GOAL HPD-4**

HPD-4l. Demonstrate strength and balance by managing uneven surfaces such as hills, ramps, and steps. **HPD-4L**

HPD-4m. Refine movements and show generally good coordination (e.g., throwing and catching). **HPD-4M**

HPD-4n. Use a variety of toys and equipment that enhance gross motor development (balls, slides, pedaling toys, assistive technology). **HPD-4N**

HPD-4o. Move their bodies in space with good coordination (running, hopping in place, galloping). **HPD-4O**

HPD-4p. Coordinate movement of upper and lower body. **HPD-4P**

HPD-4q. Perform complex movements smoothly (skipping, balancing on beams, hopping from one place to another). **HPD-4Q**

HPD-4r. Move quickly through the environment and be able to stop (run fast, pedal fast). **HPD-4R**

HPD-4s. Show awareness of own body in relation to other people and objects while moving through space. **HPD-4S**

Goal HPD-5. Children develop small muscle control and hand-eye coordination to manipulate objects and work with tools. **GOAL HPD-5**

HPD-5j. Draw simple shapes and figures (square for block, circles). **HPD-5J**

HPD-5k. Engage in activities that require hand-eye coordination (build with manipulatives, mold PlayDoh®, work puzzles with smaller pieces). **HPD-5K**

HPD-5l. Use tools that require strength, control, and dexterity of small muscles (forks, crayons, markers, safety scissors, adapted tools). **HPD-5L**

HPD-5m. Draw and write smaller figures with more detail (faces with features, letters, or letter-like forms). **HPD-5M**

HPD-5n. Engage in complex handeye coordination activities with a moderate degree of precision and control (fasten clothing, cut shapes, put together small pieces). **HPD-5N**

HPD-5o. Use tools that require strength and dexterity of small muscles with a moderate degree of control (spray bottle, hole puncher). **HPD-5O**

Self-Care

Goal HPD-6. Children develop awareness of their needs and the ability to communicate their needs. **GOAL HPD-6**

HPD-6g. Use words or sign language to ask for the things they need (food when hungry, drink when thirsty, go outdoors when they need to be physically active). **HPD-6G**

HPD-6h. Use different strategies to calm themselves when needed (self-talk, deep breathing, cozy corner). **HPD-6H**

HPD-6i. Use language to ask adults or peers specifically for the kind of help needed in a particular situation. **HPD-6I**

HPD-6j. Consistently use strategies to calm themselves when needed. **HPD-6J**

Goal HPD-7. Children develop independence in caring for themselves and their environment. **GOAL HPD-7**

HPD-7j. Use adaptive equipment, ask for help with positioning and movement, and/or participate in medical care routines as needed. **HPD-7J**

HPD-7k. Dress and undress themselves with occasional assistance. **HPD-7K**

HPD-7l. Follow basic hygiene practices with reminders (brush teeth, wash hands, use toilet, cough into elbow). **HPD-7L**

HPD-7m. Serve food for themselves. **HPD-7M**

HPD-7n. Help with routine care of the indoor and outdoor learning environment (recycle, care for garden). **HPD-7N**

HPD-7o. Name people who help children stay healthy. **HPD-7O**

HPD-7p. Use adaptive equipment, ask for help with positioning and movement, and/or participate in medical care routines as needed. **HPD-7P**

HPD-7q. Dress and undress themselves independently. **HPD-7Q**

HPD-7r. Gain independence in hygiene practices (throw tissues away and wash hands, flush toilet). **HPD-7R**

HPD-7s. Eat with a fork. **HPD-7S**

HPD-7t. Perform tasks to maintain the indoor and outdoor learning environment independently. **HPD-7T**

HPD-7u. Describe the value of good health practices (wash hands to get rid of germs, drink milk to build strong bones). **HPD-7U**

Safety Awareness

Goal HPD-8. Children develop awareness of basic safety rules and begin to follow them. **GOAL HPD-8**

HPD-8i. Know what their bodies can do, and play within their abilities to avoid injury to self or others. **HPD-8I**

HPD-8j. Usually recognize and avoid objects and situations that might cause harm. **HPD-8J**

HPD-8k. Usually follow basic safety rules. **HPD-8K**

HPD-8l. Call a trusted adult when someone gets injured or is in an unsafe situation. **HPD-8L**

HPD-8m. Avoid potentially dangerous behaviors. **HPD-8M**

HPD-8n. Consistently recognize and avoid people, objects, substances, activities, and environments that might cause harm. **HPD-8N**

HPD-8o. Independently follow basic safety rules. **HPD-8O**

HPD-8p. Identify people who can help them in the community (police, firefighter, nurse). **HPD-8P**