

# Physical Health and Motor Development (PH)

## Health and Safety Practices PH 1

- a** Children engage in structured and unstructured physical activity. PH 1.A

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- b** Children become increasingly able to identify unsafe situations and gradually learn strategies for responding to them. PH 1.B

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- c** Children develop self-help skills. PH 1.C

## Gross Motor Development PH 2

- a** Children develop large-muscle control, strength, and coordination. PH 2.A

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- b** Children develop traveling skills. PH 2.B

## Fine Motor Development PH 3

- a** Children develop small-muscle control, strength, and coordination. PH 3.A

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- b** Children develop writing and drawing skills. PH 3.B