

Domain: Physical Well Being, Health, and Motor Development Age: Kindergarten Entry

Strand	Topic	Code	HELDS Standard
Motor	Gross Motor	PHM.KE.a	Coordinate complex movements in play and
Development	Skills		games (e.g. runs quickly, changes direction,
			stops, starts again, skips)
Motor	Gross Motor	PHM.KE.b	Throw/Kick/Catch ball with a full range of
Development	Skills		motion and control
Motor	Gross Motor	PHM.KE.c	Sustain balance during complex movement
Development	Skills		experiences (e.g. hop across the playground;
			attempt to jump rope, etc.)
Motor	Fine Motor Skills	PHM.KE.d	Use small, precise finger and hand movements
Development			(e.g. string small beads; cuts small pictures; uses
'			small Legos)
Motor	Fine Motor Skills	PHM.KE.e	Has more control while holding writing/drawing
Development			tools with a three-point finger grip
Physical	Physical Exercise	PHM.KE.f	Name a physiological indicator that accompanies
Development	.,,		moderate to vigorous physical activities (e.g. "I
			feel tired", feels increase in heart rate, etc.)
Physical	Physical Exercise	PHM.KE.h	Name a social or emotional benefit of
Development	***,		participating in physical activities
Physical	Physical Exercise	PHM.KE.i	Participate in physical activities
Development	i ilysicai Excreise		Tar despace in priyorear activities
Health and	Daily Living Skills	PHM.48-KE.g	Ask for help when hurt
Personal	Daily Living Skills	11111.10-112.6	73K for help when hare
Care			
Health and	Daily Living Skills	PHM.KE.j	Name people in the school or community who
Personal	Dany Living Okins		provide health support for others
Care			provide meanin support for senters
Health and	Daily Living Skills	PHM.KE.k	Manage routines, i.e. dressing self, using toilet
Personal			alone, using utensils
Care			arene, army arenens
Health and	Daily Living Skills	PHM.KE.I	Identify and attend to personal hygiene needs
Personal			received and account to personal tryglene needs
Care			
Health and	Daily Living Skills	PHM.KE.m	With reminders, washes hands before eating,
Personal	=,8 5		after toileting, after using tissues
Care			3.55. 5556, 3.55. 556 455455
Health and	Nutrition	PHM.KE.n	Can explain that some foods help their bodies to
Personal			grow and be healthy
Care			0. 5 and 56 mails./
Health and	Safe Practices	PHM.KE.o	Can articulate what to do in an emergency (call
Personal			911; fire procedures [evacuate, stop, drop, roll])
Care			7, in e procedures [evacuate, stop, drop, roll])
Health and	Safe Practices	PHM.KE.p	Recognize everyday dangers (stove, knives,
Personal	Jaic Hactices		matches, medicine) and follows rules regarding
Care			them
Health and	Rules and	PHM/GK.KE.q	Discuss examples of rules, fairness, personal
Personal	Regulations	. The Workship	responsibilities, and authority in their own
Care	1.Caulations		experiences and in stories read to them
Care	1	l	experiences and in stories read to them