



Domain: Physical Well Being, Health, and Motor Development
Age: 36 Months

Strand	Topic	Code	HELDS Standard
Motor Development	Gross Motor Skills	PHM/GK.36.a	Continue to experiment with different ways of moving (e.g. walks across room; marches; walks backwards; etc.)
Motor Development	Gross Motor Skills	PHM.36.b	Sustain balance during simple movement experiences (e.g. jump off step, landing on two feet; jump over small objects; etc.)
Motor Development	Fine Motor Skills	PHM.36.c	Twist the wrist to accomplish a task
Motor Development	Fine Motor Skills	PHM.36.d	Refine grasp to manipulate tools and objects
Physical Development	Physical Exercise	PHM.36-48.e	Participate in a variety of physical exercise
Health and Personal Care	Daily Living Skills	PHM/SE.36.f	Initiate interactions with familiar and unfamiliar adults
Health and Personal Care	Daily Living Skills	PHM.36.g	Recognize basic health care workers in books, pictures, photographs, and in person
Health and Personal Care	Daily Living Skills	PHM.36.h	Attempt hygiene routines independently
Health and Personal Care	Nutrition	PHM.36.i	Select from healthy food choices
Health and Personal Care	Safe Practices	PHM/GK.36-48.j	Use basic safety practices
Health and Personal Care	Rules and Regulations	PHM/GK.36-48.j	Use basic safety practices