



Domain: Physical Well Being, Health, and Motor Development
Age: 48 Months

Strand	Topic	Code	HELDS Standard
Motor Development	Gross Motor Skills	PHM.48.a	Move purposefully from place to place with control (e.g. avoids bumping into things when running; walks up and down stairs alternating feet; gallops; etc.)
Motor Development	Gross Motor Skills	PHM.48.b	Throw/Kick ball with flexible body movements
Motor Development	Gross Motor Skills	PHM.48.c	Continue to sustain balance during simple movement experiences
Motor Development	Fine Motor Skills	PHM.48.d	Refine wrist and finger movements for more control (e.g. pours without spilling; buttons, zips, buckles; turns knobs; etc.)
Motor Development	Fine Motor Skills	PHM.48.f	Hold writing/drawing tools with a three-point finger grip
Physical Development	Physical Exercise	PHM.36-48.e	Participate in a variety of physical exercise
Health and Personal Care	Daily Living Skills	PHM.48-KE.g	Ask for help when hurt
Health and Personal Care	Daily Living Skills	PHM.48.h	Name one person in the school or community who provides health support for others
Health and Personal Care	Daily Living Skills	PHM.48.i	Attend to personal health needs and ask for assistance when needed
Health and Personal Care	Daily Living Skills	PHM.48.k	Identify personal hygiene needs (e.g. "I need to go potty")
Health and Personal Care	Daily Living Skills	PHM.48.l	With adult assistance, wash hands when needed and cover mouth when coughing or sneezing
Health and Personal Care	Nutrition	PHM.48.m	Identify healthy food choices
Health and Personal Care	Safe Practices	PHM/GK.36-48.j	Use basic safety practices
Health and Personal Care	Safe Practices	PHM.48.o	Identify helpful and harmful substances
Health and Personal Care	Rules and Regulations	PHM/GK.48.n	Retell a rule or safety practice with adult assistance