



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

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