

DEVELOPMENTAL DOMAIN 2
Physical & Health

STANDARDS	BENCHMARKS / Example
<p>Gross Motor</p> <p>2.1 <i>Participates in a variety of gross and perceptual motor activities with age-appropriate equipment to develop control, balance, strength, and coordination</i></p>	<p>2.1.1 Uses spatial awareness to control body movements and perceptual motor integration to show the ability of different sensory systems (visual, auditory, etc.) working together Example: C d c a ba C d ba a ce e a a e C d d ee e bac</p> <hr/> <p>2.1.2 Develops coordination and balance Example: C d ca , c , a d, e , e c.</p> <hr/> <p>2.1.3 Increases strength, endurance, and flexibility Example: C d c a e b c b d</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

STANDARDS	BENCHMARKS / Example
<p>Health</p> <p>2.3 Participates in activities related to health and personal care routines</p>	<p>2.3.1 Willingly takes part in various learning experiences about nutrition and tries a variety of nutritious foods</p> <p>Example:</p> <p>C d a e e e d d be ea e b e C d e e e d C d a c a e e a / e ea ac</p>
	<p>2.3.2 Learns the importance of a healthy body, daily physical activity, and rest</p> <p>Example:</p> <p>C d e a a a e C d e a e d, Le' a a .</p>
	<p>2.3.3 Shows increasing independence in performing personal care routines</p> <p>Example:</p> <p>C d e a e e / e e a d e a e a d C d c e e e ee a d/ c</p>
	<p>2.3.4 Shows understanding of the importance of visiting the doctor, dentist, etc. and following their instructions</p> <p>Example:</p> <p>C d e a a a de , d c , e c. C d a e ab / e e e e ce a e e</p>

<p>Safety</p> <p>2.4 Recognizes and practices safe behaviors</p>	<p>2.4.1 Listens to and follows adult directions on safety procedures</p> <p>Example:</p> <p>C d d ec d e e e c d C d ca ae e, e. a C d a d e c ae</p>
	<p>2.4.2 Knows how and when to seek help</p> <p>Example:</p> <p>C d ee a ad e e e e C d de a d e a d ca 911</p>
	<p>2.4.3 Develops knowledge of environmental safety practices</p> <p>Example:</p> <p>C d a a e ae ac ce e a d ca /b e ea, ae, a a, a , a d, e, ee, ea, ed ca, , 01 T 9 0 0 9, (ed)19. (ca)29. (,)79. ()19.e</p>