

# Physical Development

**Sensorimotor: Use senses to assist and guide learning; using sensory information to plan and carry out movements.**

- 1 Compare, contrast, and describe different sights, smells, sounds, tastes, and textures founding the environment.** PK.PD.1
- 2 Demonstrate awareness of spatial boundaries and the ability to work and move within them.** PK.PD.2

**Gross Motor: Demonstrate coordination and control of large muscles.**

- 3 Develop body strength, balance, flexibility, and stamina to move self through space in a variety of ways (e.g., running, jumping, skipping).** PK.PD.3
- 4 Explore a variety of equipment and activities that enhance gross motor development and coordinate movements with upper and/or lower body (e.g., balls, slides, locomotive toys, and assistive technology).** PK.PD.4

**Fine Motor: Demonstrate eye-hand coordination and dexterity needed to manipulate objects.**

- 5 Experiment with handheld tools to develop strength, control, and dexterity of small muscles (e.g., paintbrushes, crayons, markers, lacing, clay, etc.).** PK.PD.5
- 6 Explore and engage in activities which enhance hand-eye-coordination (e.g., building with blocks, creating with clay, putting puzzles together, and using other manipulatives).** PK.PD.6

**Personal Health & Safety**

- 7 Demonstrate personal care and hygiene skills.** PK.PD.7
- 8 Demonstrate awareness and understanding of healthy habits (e.g., sufficient rest, nutritious foods, exercise).** PK.PD.8
- 9 Demonstrate awareness and understanding of safety rules.** PK.PD.9