DEVELOPMENTAL DOMAIN 2
Physical & Health

STANDARDS	BENCHMARKS / Example

Gross Motor
 	
2.1 *Participates in a variety of gross and perceptual motor activities with age-appropriate equipment to develop control, balance, strength, and coordination*
	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

	2.1.2 Develops coordination and balance *Example:* *C d ca , c , a d, e , e c.*
	2.1.3 Increases strength, endurance, and flexibility *Example:* *C d c a e b c b d*

STANDARDS	BENCHMARKS / Example

Health

2.3 *Participates in activities related to health and personal care routines*

2.3.1 Willingly takes part in various learning experiences about nutrition and tries a variety of nutritious foods
Example:

2.3.2 Learns the importance of a healthy body, daily physical activity, and rest
Example:

2.3.3 Shows increasing independence in performing personal care routines
Example:

2.3.4 Shows understanding of the importance of visiting the doctor, dentist, etc. and following their instructions
Example:

Safety

2.4 *Recognizes and practices safe behaviors*

2.4.1 Listens to and follows adult directions on safety procedures
Example:

2.4.2 Knows how and when to seek help
Example:

2.4.3 Develops knowledge of environmental safety practices
Example: