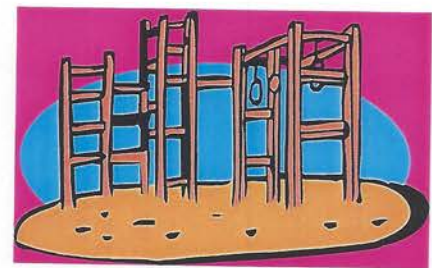


## HEALTH, SAFETY AND PHYSICAL EDUCATION

The young child needs to be aware of the connection between good hygiene and nutrition to feeling healthy. This feeling of well-being allows them to participate in the activities that are a part of everyday life. The child needs basic information on how to prevent the spread of germs to keep themselves and others from becoming ill. Making better food choices is an important factor in feeling healthy.

By nature, young children are always in motion. The curriculum integrates this need for motion with the learning experience. Affording children the opportunity for free movement allows them to experience success through a natural progression of actions. Developing body control and attaining balance also serves to build self-confidence and strengthen muscles. Moving from gross motor to fine motor skills provides a natural progression to higher levels of coordination.



## Health & Nutrition

All children will develop appropriate hygiene and nutritional habits.

Children will:

- develop personal hygiene habits of:
  - washing hands, face, and hair
  - bathing
  - brushing teeth
  - combing hair
  - covering mouth when coughing or sneezing.
- understand the importance of not sharing drinking containers or eating utensils.
- understand the importance of hand washing after bathroom use.
- understand rest and sleep are needed for a healthy body.
- understand the difference between healthy and unhealthy snacks.
- understand the need for nutritious food choices.

## Cooperative Learning

All children will develop the ability to make personal decisions and appropriate choices during group play that promotes cooperation and socialization skills.

Children will:

- initiate solutions to problems that arise during a game or play sequence.
- share the leadership role in games.
- offer a helping hand when others are not secure in how to play a game.
- demonstrate appropriate and friendly behavior toward peers.

## Substance Awareness

All children will identify potentially harmful objects, substances, and activities and respond appropriately.

Children will:

- develop a sense of safety precautions.
- understand the danger of talking to strangers.
- understand the need to look both ways when crossing the street.
- understand the importance of telling an adult when something uncomfortable has happened.

## Kinesthetic – Gross Motor

All children will develop coordination, balance, and strength through gross motor activities.

Children will:

- build with large blocks.
- demonstrate ability to:
  - bounce a ball with one hand/two hands
  - bounce a ball using alternate hands
  - toss a ball in the air and catch it
  - throw a ball underhand and overhand
  - catch a ball when thrown underhand and overhand
  - stop a rolling ball with one foot
  - kick a ball.
- demonstrate ability to move according to directions given.  
example: swing you arms from side to side.
- demonstrate ability to start and stop an action when a signal is given.
- participate in floor exercises.
- imitate movements of people and things.
- move in sequence to a common beat.
- use climbing equipment appropriately.
- demonstrate ability to follow an obstacle course.
- ride a tricycle successfully.

- pump on a swing.
- balance on a straight line using a heel-toe pattern
- walk up and down stairs alternating feet.
- walk and run in a forward motion.
- jump in place with feet together.
- stand on one foot for a few seconds.
- demonstrate ability to:
  - jog in place
  - skip
  - march
  - leap from a stationary position
  - stand on tiptoes
  - hop in place alternating feet.
- demonstrate ability to:
  - bend
  - twist
  - pull
  - rock
  - push
  - swing
  - crawl
  - sway.

## Kinesthetic – Fine Motor

All children will develop coordination in fine motor activities.

Children will:

- demonstrate ability to:
  - string large beads or similar items
  - string small beads or similar items
  - put pegs in a large pegboard.
- demonstrate ability to:
  - manipulate clay
  - use finger paints
  - use finger to apply paste
  - use a paintbrush
  - trace or draw using large pencils, crayons etc.
  - use cubes to build a structure
  - cut with safety scissors.

- demonstrate ability to:
  - tear pieces of paper
  - fold paper
  - turn pages of a book
  - draw a five-part person
  - use sewing and lacing cards
  - hammer objects
  - use hands and fingers to act out finger plays
  - recite poems and songs.
- demonstrate ability to:
  - grasp and release objects
  - eat neatly
  - put jacket/coat on/off
  - pour from a pitcher
  - complete a 4 or 5 large piece puzzle.