

*The Barclay Early Childhood Center
Health, Safety, and Physical Education
Preschool Standards and Benchmarks*

Health, safety and physical education in the preschool classroom encourage children to think, experience, explore and make connections to enhance each child's sense of control and competence as a learner at the child's developmental level. The development of health, safety and physical skills extends the children's knowledge of themselves, those around them and their world or culture. This area should be integrated into each of the other content areas.

The preschool environment should be organized to include both indoor and outdoor space to maximize each child's opportunities to develop health awareness, as well as gross and fine motor skills. Through daily indoor and outdoor activities, play, and planned and spontaneous interactions, the teacher will provide a wide range of concrete, first hand experiences that assist in the healthy development of each child.

Summary of Standards and Benchmarks

Standard 5

The student demonstrates an understanding of the nature of health and motor development.

Benchmarks	
5.1	Develops the knowledge and skills necessary to make nutritious food choices
5.2	Develops self-help and personal hygiene skills
5.3	Develops an awareness of potential hazards to their health
5.4	Develops confidence and competence in activities that require gross motor skills
5.5	Develops confidence and competence in activities that require fine motor skills

Standard 5

The student demonstrates an understanding of the nature of health and motor development.

Benchmark 5.1 Develops the knowledge and skills necessary to make nutritious food choices

Developmental Continuum	Example Behaviors
Identifies and differentiates among foods and food groups	<ul style="list-style-type: none">• fruits,• vegetables,• meats
Describes taste, colors, textures, smells, and shapes of food.	<ul style="list-style-type: none">• sweet• yellow• smooth• etc.
Compares and contrasts foods that are representative of various cultures	<ul style="list-style-type: none">• matzo and naan,• plantains and bananas
Demonstrates and illustrates understanding of nutritious food choices	<ul style="list-style-type: none">• through dramatic play,• art• creating stories

Benchmark 5.2 Develops self-help and personal hygiene skills

Developmental Continuum	Example Behaviors
Washes hands at appropriate times.	<ul style="list-style-type: none">• voluntarily, when needed
Demonstrates strategies that limit the spread of germs	<ul style="list-style-type: none">• covering mouth,• using clean tissues,• throwing away food that drops on the floor
Discusses, describes and demonstrates personal and oral hygiene skills	<ul style="list-style-type: none">• through dramatic play,• conversations,• story-telling
Demonstrates brushing teeth, dressing and grooming techniques	<ul style="list-style-type: none">• dramatic play• putting on shoes
Demonstrates appropriate behavior during meals.	<ul style="list-style-type: none">• Pours from small pitchers and serves themselves and others.

- Uses utensils at meals to serve self and others.

Standard 5

The student demonstrates an understanding of the nature of health and motor development.

Benchmark 5.3 Develops an awareness of potential hazards to their health

Developmental Continuum	Example Behaviors
Recognizes, identifies and alerts adults to potentially harmful conditions/situations.	<ul style="list-style-type: none"> • Informs adults of problems
Identifies and recognizes warning symbols and communicates their meaning	<ul style="list-style-type: none"> • Red light, • Stop sign, • Poison symbol, etc.
Behaves appropriately during emergency evacuation drills.	<ul style="list-style-type: none"> • Follows directions • Remains silent • Remains with group
Identifies community helpers who assist in maintaining a safe environment.	<ul style="list-style-type: none"> • Policemen • Firemen
Knows how to dial 911 for help.	<ul style="list-style-type: none"> • Uses phone appropriately • Provides information – name, address

Standard 5

The student demonstrates an understanding of the nature of health and motor development.

Benchmark 5.4 Develops confidence and competence in activities that require gross motor skills

Developmental Continuum	Example Behaviors
Demonstrates large movements	<ul style="list-style-type: none">• Hopping,• Galloping,• Jumping,• Running• Marching
Uses objects and props to demonstrate coordination and expands spatial and cognitive learning	<ul style="list-style-type: none">• Balls,• Hula-hoops,• Frisbees,• Balance beams
Independently selects gross motor activities in which to participate.	<ul style="list-style-type: none">• Given options, chooses activity
Demonstrates safe behaviors while using playground equipment and participating in activities.	<ul style="list-style-type: none">• Sits on swing• Rides tricycle safely

Benchmark 5.5 Develops confidence and competence in activities that require fine motor skills

Developmental Continuum	Example Behaviors
Demonstrates an increase in fine motor skills	<ul style="list-style-type: none">• Hand movements that require control,• Dexterity• Eye-hand coordination
Independently selects and engages in fine-motor activities of his/her choice.	<ul style="list-style-type: none">• Coloring• Crafts