

PRE-K PHYSICAL DEVELOPMENT AND HEALTH CHECKLIST
Goals 19 – 24
Illinois Early Learning Standards A – C

INDIVIDUAL AND TEAM SPORTS

_____ Engage in active play using gross motor skills.

_____ Engage in active play using fine motor skills.

MOVEMENTS

_____ Coordinate movements to perform complex tasks.

SAFETY

_____ Follow simple safety rules while participating in activities.

FITNESS

_____ Participate in developmental activities related to physical fitness.

_____ Exhibit increased endurance.

GROUP PHYSICAL ACTIVITIES

_____ Follow rules and procedures when participating in group physical activities.

_____ Demonstrative ability to cooperate with others during group physical activities.

HEALTH AND SAFETY

_____ Participate in simple practices that promote healthy living and prevent illness.

HUMAN BODY SYSTEMS

_____ Identify body parts and their functions.

_____ Act independently in caring for personal hygiene needs.

COMMUNICATION CONFLICTS

_____ Use appropriate communication skills when expressing need, wants and feelings.

_____ Use socially acceptable ways to resolve conflict.

_____ Participate in activities to learn to avoid dangerous situations.