

**EARLY CHILDHOOD****PHYSICAL DEVELOPMENT AND HEALTH**

**Goal 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.**

<b>Learning Standard A</b>	<b>Learning Standard B</b>	<b>Learning Standard C</b>
Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.	Analyze various movement concepts and applications.	Demonstrate knowledge of rules, safety and strategies during physical activity.
19.a.eCA. Engage in active play using gross motor skills.  19.A.ECb. Engage in active play using fine motor skills.	19.B.EC. Coordinate movements to perform complex tasks.	19.C.EC. Follow simple safety rules while participating in activities.

**Goal 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.**

<b>Learning Standard A</b>	<b>Learning Standard B</b>
Know and apply the principles and components of health-related fitness.	Assess individual fitness levels.
20.A.EC. Participate in developmental activities related to physical fitness.	20.B.EC. Exhibit increased endurance.

**Goal 21: Develop team-building skills by working with others through physical activity.**

<b>Learning Standard A</b>	<b>Learning Standard B</b>
Demonstrate individual responsibility during group physical activities.	Demonstrate cooperative skills during structured group physical activity.
21.A.EC. Follow rules and procedures when participating in group physical activities.	21.B.EC. Demonstrate ability to cooperate with others during group physical activities.

**Goal 22: Understand principles of health promotion and the prevention and treatment of illness and injury.**

<b>Learning Standard A</b>
Explain the basic principles of health promotion, illness prevention and safety.
22.A.EC. Participate in simple practices that promote healthy living and prevent illness.

**Goal 23: Understand human body systems and factors that influence growth and development.**

<b>Learning Standard A</b>	<b>Learning Standard B</b>
Describe and explain the structure and functions of human body systems and how they interrelate.	Explain the effects of health-related actions on the body systems.
23.A.EC. Identify body parts and their functions.	23.B.EC. Act independently in caring for personal hygiene needs.

**Goal 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.**

<b>Learning Standard A</b>	<b>Learning Standard C</b>
Demonstrate procedures for communication in positive ways, resolving differences, and preventing conflict.	Demonstrate skills essential to enhancing health and avoiding dangerous situations.
24.A.ECa. Use appropriate communication skills when expressing needs, wants and feelings.	24.C.EC. Participate in activities to learn to avoid dangerous situations.
24.A.Ecb. Use socially acceptable ways to resolve conflicts.	