

Goals	Goal Statements	Birth through 8 Months	6 to 18 Months	16 to 38 Months	36 to 60 Months	60 Months through K
17	Children demonstrate strength and coordination of large motor muscles.	Gain control of head, trunk, arms, and legs.	Develop strength, balance, and coordination to change the position of the body from lying to sitting, to standing, and then to walking, with or without support.	Coordinate whole body to make complex movements for moving from place to place (walk, run, hop, and climb).	Coordinate whole body to move in complex ways with strength, agility, and balance.	Coordinate multiple movements with accuracy and purpose.
18	Children demonstrate strength and coordination of small motor muscles.	Bring hands and objects to mouth. Purposefully manipulate objects.	Demonstrate development in eye-hand coordination by grasping and manipulating objects in exploration, and including both hands in accomplishing a task.	Coordinate arms, hands, and fingers to accomplish purposeful fine-motor tasks.	Use fingers and hands for purposeful tasks.	Manipulate materials in a purposeful way, planning and attending to fine details.
19	Children use their senses (sight, hearing, smell, taste, and touch) to guide and integrate their interactions.	Respond to sensory input.	Intentionally respond to sensory input and to coordinate actions based on input.	Regulate actions and responses based on sensory input.	Coordinate motor activities based on sensory input.	Integrate sensory motor skills into actions.
20	Children demonstrate stamina and energy to participate in daily activities.	Develop nerves and muscles to sustain movement.	Explore environment with purposeful movement.	Engage in new and familiar physical activities with and without adult prompting.	Engage in organized and spontaneous physical activity both indoors and outside.	Sustain strength for increased periods of time. Engage in a variety of physical activities that promote fitness and fundamental movement skills.
21	Children engage in a variety of physical activities.	Move reflexively, then with increasing intentionality.	Advance from mostly stationary activities to becoming mobile and active.	Engage in a variety of sequenced movements with increased balance.	Engage in complex physical movements embedded in play activities.	Engage independently and with peers in a wide variety of daily physical activities.
22	Children practice basic personal care routines.	Begin to develop an awareness of basic physical needs related to personal care.	Participate in routines to meet basic personal needs.	Participate in meeting personal care needs.	Initiate and carry out personal care routines, with and without assistance.	Independently initiate and carry out personal care routines.
23	Children demonstrate personal health and hygiene skills.	Infants react and respond to an adult performing hygiene care giving.	Anticipate, respond, and participate in basic hygiene tasks, with assistance.	Show some awareness of personal health and hygiene skills.	Demonstrate independence in personal hygiene skills.	Initiate and independently carry out personal hygiene skills, with or without assistance.

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24	Children eat a variety of nutritious foods.	Self-regulate food intake, and indicate hunger and fullness.	Consume a variety of foods and indicate preferences.	Choose how much food to eat. Participate in mealtime routines, with support.	Participate in mealtime routines with increasing independence and using utensils.	Take increasing responsibility for eating and food choices.
25	Children demonstrate knowledge about and avoid harmful objects and situations.	Show discomfort or anxiousness in stressful situations.	Rely on adults to maintain safe environments and respond to adult indicators of unsafe or dangerous situations.	Begin to develop an awareness of harmful objects and situations.	Demonstrate an awareness and understanding of harmful objects and situations and respond to the danger, with and without assistance.	Explain harmful objects and situations, and respond appropriately and independently most of the time.
26	Children demonstrate awareness and understanding of safety rules.	Rely on adults for safety.	Rely on caregivers for safety and protection. Responds to adult cues/directions when feeling unsafe.	Develop an awareness of safety rules and respond to safety rules, with assistance.	Follow safety rules, with and without assistance.	Verbalize and demonstrate application of safety rules and respond appropriately and independently most of the time.