Georgia Early Learning and Development Standards
Physical Development and Motor Skills (PDM)
0-12 Months

Strand: Health & Well-Being	
Standard PDM1: The child will practice healthy and safe habits.	
PDM1.0a	Sleeps well and shows alertness during waking periods.
PDM1.0b	Initiates active play and engages in some physical activity.
PDM1.0c	Responds to verbal, non-verbal, or physical signals of danger.
PDM1.0d	Reacts to simple directions to support safety.
PDM1.0e	Shows beginning awareness of personal health and self-care needs, and communicates needs through non-verbal signals.
Standard PDM2: The child will participate in activities related to nutrition.	
PDM2.0a	Explores food with fingers.
PDM2.0b	Shows preference for food choices, including foods from family and cultural traditions.
Strand: Use of Senses	
Standard PDM3: The child will show awareness of how their body moves and fits in the environment.	
PDM3.0a	Moves their body through the environment, including early efforts to hold balance when supported.
PDM3.0b	Exhibits body awareness and starts to move intentionally and shows emerging stability.
Standard PDM4: The child will use senses (sight, touch, hearing, smell, and taste) to explore and process information.	
PDM4.0a	Responds to different senses, including sight, hearing, touch, taste, and smell.
Strand: Motor Skills	
Standard PDM5: The child will demonstrate gross motor skills.	
PDM5.0a	Develops control of head and back, progressing to arms and legs.
PDM5.0b	Develops emerging coordination and balance, often with support.
Standard PDM6: The child will demonstrate fine motor skills	
PDM6.0a	Develops grasp reflex.
PDM6.0b	Coordinates motions using eyes and hands.

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12-24 Months

Strand: Health & Well-Being	
Standard PDM1: The child will practice healthy and safe habits.	
PDM1.1a	Sleeps well and wakes rested.
PDM1.1b	Actively participates in physical activity for three to five minutes at a time.
PDM1.1c	Identifies and tries to avoid dangers with assistance.
PDM1.1d	Communicates beginning understanding of dangerous situations.
PDM1.1e	Makes adult aware of and communicates personal health needs and seeks assistance.
Standard PDM2: The child will participate in activities related to nutrition.	
PDM2.1a	Distinguishes between food and non-food items.
PDM2.1b	Shows interest in and tries new foods, including foods from their family and cultural traditions.
Strand: Use of Senses	
Standard PDM3: The child will show awareness of how their body moves and fits in the environment.	
PDM3.1a	Acts and moves with intention and purpose with some adult assistance and with growing balance.
PDM3.1b	Uses trial and error to discover how the body fits and moves through space and begins to adjust body position to stay steady.
Standard PDM4: The child will use senses (sight, touch, hearing, smell, and taste) to explore and process information.	
PDM4.1a	Engages in some sensory experiences.
Strand: Motor Skills	
Standard PDM5: The child will demonstrate gross motor skills.	
PDM5.1a	Gains control and coordination of body movements.
PDM5.1b	Develops emerging coordination and balance.
Standard PDM6: The child will demonstrate fine motor skills	
PDM6.1a	Gains control of hands and fingers.
PDM6.1b	Demonstrates hand-eye coordination and participates in a variety of activities to enhance coordination.

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24-36 Months

Strand: Health & Well-Being	
Standard PDM1: The child will practice healthy and safe habits.	
PDM1.2a	Sleeps well, wakes rested and ready for daily activities.
PDM1.2b	Actively participates in games, outdoor play, and other forms of physical activity for increasing periods of time, according to their abilities.
PDM1.2c	Pays attention to simple safety instructions and avoids dangers with assistance.
PDM1.2d	Communicates simple safety rules.
PDM1.2e	With some assistance from an adult, attends to personal health routines and self-care needs and communicates needs with short phrases.
Standard PDM2: The child will participate in activities related to nutrition.	
PDM2.2a	Prepares nutritious snacks with adult assistance.
PDM2.2b	Eats a variety of foods that contribute to health and wellbeing, including foods from their family and cultural traditions.
Strand: Use of Senses	
Standard PDM3: The child will show awareness of how their body moves and fits in the environment.	
PDM3.2a	Acts and moves with intention and purpose and shows growing balance during simple motion .
PDM3.2b	Demonstrates awareness of their own body in space and begins to use appropriate force when moving objects or navigating spaces.
Standard PDM4: The child will use senses (sight, touch, hearing, smell, and taste) to explore and process information.	
PDM4.2a	Participates in a variety of sensory experiences, differentiates between the senses.
Strand: Motor Skills	
Standard PDM5: The child will demonstrate gross motor skills.	
PDM5.2a	Develops gross motor control for a range of physical activities.
PDM5.2b	Develops coordination and balance.
Standard PDM6: The child will demonstrate fine motor skills	
PDM6.2a	Coordinates the use of hands and fingers.
PDM6.2b	Performs simple fine motor skills.

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Georgia Early Learning and Development Standards
Physical Development and Motor Skills (PDM)

36-48 Months

Strand: Health & Well-Being	
Standard PDM1: The child will practice healthy and safe habits.	
PDM1.3a	Stays awake and alert during the day, with voluntary rest or naps as needed.
PDM1.3b	Actively participates in a variety of both structured and unstructured indoor and outdoor physical activities for increasing periods of time, according to their abilities.
PDM1.3c	Independently shows awareness of dangerous situations and responds with some knowledge of safety instructions.
PDM1.3d	Communicates to peers and adults when dangerous situations are observed.
PDM1.3e	Independently attends to personal health and self-care needs and can express needs with detail, expressing specific requests.
Standard PDM2: The child will participate in activities related to nutrition.	
PDM2.3a	Helps to prepare nutritious snacks.
PDM2.3b	Identifies foods that contribute to health and wellbeing, including foods from their family and cultural traditions.
Strand: Use of Senses	
Standard PDM3: The child will show awareness of how their body moves and fits in the environment.	
PDM3.3a	Acts and moves with purpose and recognizes differences in direction, distance, and location with some adult assistance and adjusts body movements to stay balanced during play.
PDM3.3b	Demonstrates awareness of their own body in relation to others and avoids bumping into others while noticing where their body is.
Standard PDM4: The child will use senses (sight, touch, hearing, smell, and taste) to explore and process information.	
PDM4.3a	Uses senses purposefully to learn about objects.
Strand: Motor Skills	
Standard PDM5: The child will demonstrate gross motor skills.	
PDM5.3a	Coordinates movements to perform a task.
PDM5.3b	Demonstrates coordination and balance.
Standard PDM6: The child will demonstrate fine motor skills	
PDM6.3a	Refines grasp to use tools and handle objects.
PDM6.3b	Uses hand-eye coordination to handle smaller objects with increasing control.

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Georgia Early Learning and Development Standards
Physical Development and Motor Skills (PDM)

48-60 Months

Strand: Health & Well-Being	
Standard PDM1: The child will practice healthy and safe habits.	
PDM1.4a	Stays awake and alert during the day, with voluntary rest or naps as needed.
PDM1.4b	Actively participates in a variety of both structured and unstructured indoor and outdoor activities that increase strength, endurance, and flexibility for increasing periods of time, according to their abilities.
PDM1.4c	Consistently identifies dangerous situations and communicates understanding of consequences.
PDM1.4d	Communicates the importance of safety rules.
PDM1.4e	Identifies the importance of and participates in activities related to health and self-care needs and can communicate about those practices or needs.
PDM1.4f	Can name people who keep them safe and healthy.
Standard PDM2: The child will participate in activities related to nutrition.	
PDM2.4a	Helps to prepare nutritious snacks and meals.
PDM2.4b	Sorts foods into food groups and communicates the benefits of healthy foods, including foods from their family and cultural traditions.
Strand: Use of Senses	
Standard PDM3: The child will show awareness of how their body moves and fits in the environment.	
PDM3.4a	Acts and moves with purpose and independently recognizes differences in direction, distance, and location while keeping balance during more complex movement activities.
PDM3.4b	Demonstrates spatial awareness through play activities and uses body control to move safely in group play.
Standard PDM4: The child will use senses (sight, touch, hearing, smell, and taste) to explore and process information.	
PDM4.4a	Discriminates between a variety of sights, smells, sounds, textures, and tastes.
Strand: Motor Skills	
Standard PDM5: The child will demonstrate gross motor skills.	
PDM5.4a	Coordinates movements to perform more complex tasks.
PDM5.4b	Demonstrates coordination and balance in a variety of activities.
Standard PDM6: The child will demonstrate fine motor skills	
PDM6.4a	Performs fine-motor tasks that require small-muscle strength and control.
PDM6.4b	Uses hand-eye coordination to handle small objects with ease.
PDM6.4c	Begins to perform more complex fine motor tasks with increasing accuracy.

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