

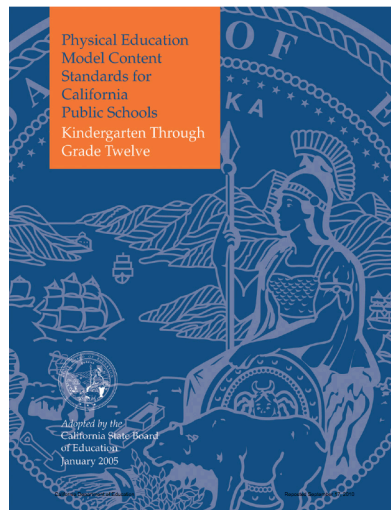
Physical Development



Physical Development: Learning Experience 7

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Physical Development



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Physical Development

1. Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
 - Movement Concepts
 - Body Management
 - Locomotor Movement
 - Manipulative Skills
 - Rhythmic Skills

Physical Development

2. Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
 - Movement Concepts
 - Body Management
 - Locomotor Movement
 - Manipulative Skills

Physical Development

3. Students assess and maintain a level of physical fitness to improve health and performance.

- Fitness Concepts
- Aerobic Capacity
- Muscular Strength/Endurance
- Flexibility
- Body Composition
- Assessment

Physical Development

4. Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

- Fitness Concepts
- Aerobic Capacity
- Muscular Strength/Endurance
- Flexibility
- Body Composition

Physical Development

5. Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.
- Self-Responsibility
 - Social Interaction
 - Group Dynamics

Kindergarten Content Standard ↓		Strand/Substrand							
		Fundamental Movement Skills			Perceptual-Motor Skills and Movement Concepts			Active Physical Play	
		Balance	Locomotor skills	Manipulative skills	Body Awareness	Spatial Awareness	Directional Awareness	Active Participation	Cardiovascular Endurance
1. Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.	Movement Concepts								
	Body Management								
	Locomotor Movement								
	Manipulative Skills								
	Rhythmic Skills								

Physical Development

- What are the purposes of the preschool learning foundations and the kindergarten content standards?
- Where do you see similarities and differences between the physical development foundations and the physical education model content standards for kindergarten?
- What might be some reasons for these similarities and differences?

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Physical Development

- Why is it important for preschool teachers to be aware of the kindergarten content standards?
- What are some general ways that preschool teachers and kindergarten teachers can use the preschool physical development foundations and the kindergarten physical education model content standards in their classroom practices?

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Physical Development

National Association for Sport and Physical Education (NASPE)

<http://www.aahperd.org/naspe/>

- Position statements on best practice, including:
 - ✓ Physical Education is Critical to Educating the Whole Child
 - ✓ Looking at Physical Education from a Developmental Perspective: A Guide to Teaching
 - ✓ Comprehensive School Physical Activity Programs