

Physical Development

The physical development domain in the *California Preschool Curriculum Framework, Volume 2* is:

- A companion to the same domain in the *California Preschool Learning Foundations, Volume 2*
- A guide for teachers in planning curriculum that supports physical development
- Organized with the same strands and substrands as the foundations.

Physical Development

The strands defined, include:

- **Fundamental Movement Skills:** foundational motor skills, such as balance, locomotion, and manipulation, that form the building blocks for participation in more complex and specialized movement skills, including those in sports, games, and dance

(page 138) *California Preschool Learning Foundations, Volume 2*

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Physical Development

- **Perceptual Motor Skills and Movement Concepts:** focuses on the development of body awareness, spatial awareness, and directional awareness; the process of receiving, interpreting, and using information from all the body's senses
- **Active Physical Play:** promotes children's health and physical fitness by increasing their levels of active participation, cardiovascular endurance, muscular strength and endurance, and flexibility

(page 138) *California Preschool Learning Foundations, Volume 2*

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Physical Development

Summary of the Strands and Substrands

Fundamental Movement Skills



Substrand 1.0 Balance

Substrand 2.0 Locomotor Skills

Substrand 3.0 Manipulative Skills
(fine and gross motor)

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Perceptual-Motor Skills and Movement Concepts

Substrand 1.0 Body Awareness

Substrand 2.0 Spatial Awareness

Substrand 3.0 Directional Awareness

Active Physical Play

Substrand 1.0 Active Participation

Substrand 2.0 Cardiovascular Endurance

Substrand 3.0 Muscular Strength, Muscular
Endurance, and Flexibility

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The physical development domain in the *California Preschool Curriculum Framework, Volume 2* contains:

- Guiding principles
- Suggestions for environments and materials
- Vignettes
- Teachable moments
- Interactions and strategies
- Strategies for engaging families
- Research highlights
- Questions for reflection

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Physical Development

“Young children learn best by *doing*. Active physical play supports preschool children’s brain development and is a primary means for them to explore and discover their world.

Physical activities enhance all aspects of development, including cognitive, emotional, social, as well as physical.

Active physical play also has clear benefits for children’s health and fitness.

All children, no matter their ability levels or backgrounds, benefit from engaging in physical activities.”

Page 132, *California Preschool Curriculum Framework, Volume 2*

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- What were some common themes that emerged? What were some unique occurrences?
- What surprised you from a classmate's story? What seemed really familiar to you?
- Why do you think it's useful to reflect on your own experiences with physical activities when fostering young children's physical development and active play?
- What is something from your own current or past experience with physical activities that you want to share with young children?

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Physical Development

- What did you notice about the quilt?
- What surprised you from a classmate's story? What seemed really familiar to you?
- What were some common themes that emerged?
- Why do you think it's useful to reflect on your own childhood experiences with physical activities when fostering young children's physical development and active play?
- What is something from your childhood experiences or current physical activities that you want to share with young children?

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- What part of this class session stood out most for you today?
 - Which ideas or concepts from today's work reinforced what you have already learned or experienced? Which ones gave you a new perspective or insight?
 - How might you apply a new idea or perspective to your work now or in the future?
 - What information or support do you need to do this?
 - What is a first step you could take to locate this support or information? What steps could you take to start applying the new idea or perspective?