

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*

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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California Preschool Curriculum Framework, Volume 2:

- Introduction (p. 132)
- Research highlights (beginning on page 133)
- Overview of Fundamental Movement Skills (pp. 139, 140, 147–148, 156–157)
- Overview of Perceptual-Motor Skills and Movement Concepts (pp. 176–177, 178, 181, 186)
- Overview of Active Physical Play (pp. 192, 193, 199, 202)
- Glossary (pp. 288–290)

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Develop a presentation of one major theme and its key points.

Possible ideas:

- Create a visual representation, such as a chart, drawing, large puzzle, mock Web page, blog, pamphlet, brochure, or fact sheet.
- Create a short game, panel discussion, simulated podcast, or list of Tweets.
- Role-play a teacher explaining to parents how their children's physical development impacts other developmental areas.

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Key themes

- Importance of minimizing children's waiting and watching and maximizing their active participation and doing, which is how most children learn best
- Role of physical play in all areas of children's development—cognitive, emotional, social, and physical
- Role of physical play in children's physical and mental health, as well as physical fitness

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Physical Development

Key themes

- Importance of the preschool years for children's physical development
- Preschool programs "providing well-designed, regular, and frequent opportunities for physical play," as described on page 132 in the *California Preschool Curriculum Framework, Volume 2*
- Need for balance between children's self-initiated and self-directed physical activities and teacher guidance and encouragement to help children learn new skills

Physical Development

Key themes

- Value of teachers as role models
- Need for teachers to provide to children developmentally appropriate instruction, feedback, and encouragement as well as time for children to practice and progress in their physical development
- Importance of collaborating with families and community members in fostering children's physical development

Physical Development

Key themes

- Benefits of children's developing active lifestyles for their entire lives
- Individual developmental differences, experiences, learning styles, languages, communication methods, cultures, and special needs among children that impact their physical development and learning new skills
- Developmental nature of movement skills and concepts

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Key themes

- Importance and benefits of providing opportunities for children to do active physical play in the natural world
- Influence of the environment on children's physical development
- Research findings regarding crucial levels of physical activity that children should meet to fully develop and be healthy

Physical Development

“planning learning opportunities”



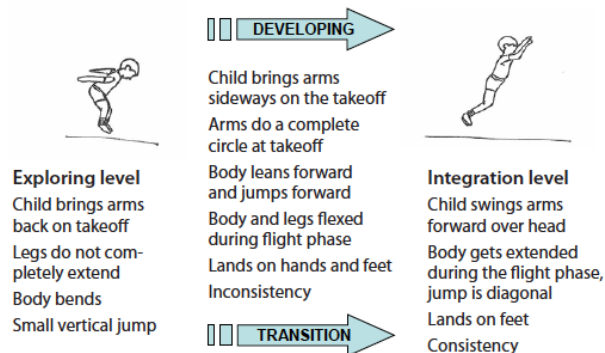
“teachable moments”

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Sample Developmental Sequence of Jumping



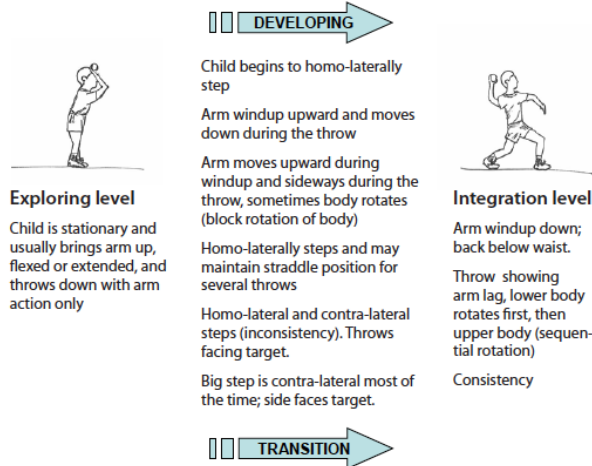
Designed by Clersida Garcia and illustrated by Xuyen Garcia, 2010.

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Sample Developmental Sequence of Throwing



Designed by Clersida Garcia and illustrated by Xuyen Garcia, 2010.

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The foundations are the **what**:
 goal-like statements that describe **what**
 children typically learn and develop with
 optimal support.

The curriculum framework is the **how**:
 provides guidance for **how** teachers can
 intentionally support this learning and
 development.

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- Which components or elements of the physical development chapter caught your attention?
- Which other components might you want to learn more about?
- Why are these components interesting to you?
- What is a next step you will take to learn more about one or more components from Handout 1?

Physical Development

Guiding Principles

- Developmentally appropriate movement programs accommodate a variety of individual differences among children.
- Children often learn best through maximum active participation.
- The physical safety of children's play environments should be of paramount importance at all times.
- Family members working as partners with teachers are key to enriching the physical development of children.

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Guiding Principles

- Inclusion of children with special needs is beneficial to all and promotes greater understanding of and respect for diversity.
- Children are multisensory learners with unique learning styles.
- To maximize teaching effectiveness, movement skill learning should first focus on *how* children are moving their bodies.
- Children generally learn new movement skills more easily when they can focus on one specific aspect of the skill at a time.

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Guiding Principles

- Children benefit from ample opportunities to practice new physical skills.
- Children benefit from integrated learning activities across the curriculum.
- Frequency, intensity, type, and duration are the four key parameters to designing active physical play to enhance children's fitness and health.
- Physical skills are more easily learned when clear instructions and appropriate feedback are provided in children's home language using familiar communication methods.

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- Which domain principle(s) stood out for you?
- Which ones were familiar to you? Which ones were concepts that you had not considered before?
- Which principle do you think would be most challenging for you to apply? Why?
- What is a first step you could take in finding supports or resources to help you better understand this principle and implement it?



- As you think about the rationale, organizational structure, and guiding principles of the physical development domain, what aspects stand out for you?
- What concepts or information resonated the most strongly with you? Why?
- What was useful in helping you understand this overview of the domain?
- How will you use the resource tools that you developed in your curriculum planning for children's physical development?

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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?

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Pages 216 and 217 of the *California Preschool Curriculum Framework, Volume, 2* list these teacher resources:

Appropriate Practices in Movement Programs for Young Children Ages 3–5: A Position Statement of the National Association for Sport and Physical Education.

Active Start: A Statement of Physical Activity Guidelines for Children From Birth to Age 5, Second Edition, published in 2009 by the National Association for Sport and Physical Education.

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- Review the position statement and *Active Start*.
- Compare the guidelines in those publications with the guiding principles in the physical development domain of the *California Preschool Curriculum Framework, Volume, 2*.
- Summarize the similarities and differences between the guidelines and principles.
- Describe how each informs your curriculum planning for physical development and active physical play.