

Unit 3 – Physical Development: Key Topic 2

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Physical Development

Environmental Factors

- Teachers promote optimal physical development when they provide children with positive encouragement and quality instruction.
- The immediate physical environment is a powerful influence on children's physical development.



(page 136-137) *California Preschool Learning Foundations, Volume 2*

Unit 3 – Physical Development: Key Topic 2

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Physical Development

Environmental Factors

- Indoor and outdoor play environments should include a variety of appropriately sized equipment that promotes both gross and fine motor development.
- Learning is most meaningful when the environment and materials reflect and accommodate children's individual interests, backgrounds, and present abilities.

(page 136-137) *California Preschool Learning Foundations, Volume 2*

Unit 3 – Physical Development: Key Topic 2

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Physical Development

Environmental Factors

- Take time to build safety into both indoor and outdoor play environments.
- Movement experiences should include exploration, discovery, and appreciation of the natural environment.
- Thoughtfully designed movement experiences, guided by adults, support children's physical development.

(page 136-137) *California Preschool Learning Foundations, Volume 2*

Unit 3 – Physical Development: Key Topic 2

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Physical Development

- Which environmental factor and example described by our guest speaker stood out for you?
- How did the presentation help you better understand some of the environmental factors that can support children's physical development and active physical play? Which ones?

Unit 3 – Physical Development: Key Topic 2

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Physical Development

- What are some new or different perspectives to the environmental factors because of this presentation?
- What are three examples from the presentation that you want to use when planning active physical play environments for young children?



Unit 3 – Physical Development: Key Topic 2



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- Which concepts and examples about the environmental factors stood out for you?
 - Which environmental factors do you think you could easily address? Which ones might be more challenging? Why?
 - What should you keep in mind regarding the environmental factors in a preschool when thinking about your city or community—the cultural, linguistic, and socioeconomic diversity of the children and families?
 - What skills as a teacher would you like to improve so that you can better implement or address the environmental factors to support children’s physical development?

Unit 3 – Physical Development: Key Topic 2

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7

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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?

Unit 3 – Physical Development: Key Topic 2

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8