


## 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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## Physical Development

### **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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3

## Physical Development



- Interactions
- Strategies
- Teachable Moments

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4

## Physical Development

1. Review the vignettes, teachable moments, opportunities for planning learning, interactions, and strategies for your substrand.
2. Get the color of paper assigned to your strand.
3. Decide on a simple shape for your substrand.
4. Cut the paper into that shape; use one shape per interaction or strategy.
  - The shape should be large enough to write the key idea of each interaction or strategy.
5. Summarize each interaction and strategy into 5-7 words and write each on one of the shapes.

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5

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What possible categories might the interactions and strategies be sorted?

- Language/communication (L)
- Family/culture (F)
- Environments and materials (E)
- Developmental (D)
- Music, singing, and dancing (M)
- Repetition/daily routine (R)
- Individualizing (I)
- Teacher support (T)
- Social-emotional (S)



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6

## Physical Development

- What do you notice about the mobiles?
- Where are there similarities among them? Where are there differences?
- What do the different colors in each mobile suggest to you? What about the number of pieces in each mobile?
- What did you learn about the interactions and strategies from creating these mobiles?

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7

- Which interactions and strategies related to physical development stood out for you?
- Which ones were familiar? Which were new strategies?
- Which interactions or strategies might be particularly useful with children who are dual language learners? With children who have disabilities?
- What key messages surfaced from the interactions and strategies in your substrand?
- What one thing from today will you use in supporting young children's physical development?



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8

- 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?
- What first step could you take to locate this support or information? What steps could you take to start applying the new idea or perspective?



## Physical Development

- Select one of the 3 physical development strands and create a resource list of instructional strategies for that strand.
- Identify strategies for each substrand.
- Cite the source for each strategy.

