

Physical Development & Movement Experiences Series

FACILITATING MOVEMENT TO PROMOTE MOTOR DEVELOPMENT

Our presenter

Toni Cacace-Beshears
 SFL Treasurer and Board member
 Retired CEO, Children's Harbor
 Adjunct Professor, Tidewater Community College

The Source for Learning - ECS Initiatives

Today's Objectives

CONSIDER **EXPLORE**

Consider young children's perception about movement.

Explore developmentally appropriate guidelines for movement activities.

“ Movement education can help a child to adjust socially and emotionally because it can provide him with successful experiences and permit interrelationships with other children in groups and with a partner. Movement education requires that a child be aware of others in (activities) in which he shares space...he has to take turns and to cooperate. He thus develops social awareness and achieves satisfaction through peer relationships and group play.

~ Frostig (1970, pp.9, 10) ”

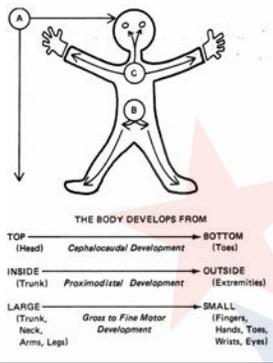
Importance of Physical Activity

Developmental Sequences		Guidelines Infants, Toddlers, Preschoolers
Stages of Progression Figure-ground Progression, Kinesthetic Acuity, Auditory Awareness, Visual, Perceptual Motor, Range of Movement		Brain Development Both special and self-expressive.

Pattern of Development
Gross Motor to Fine Motor

Pattern of Development

- Top to Bottom
- Inside to Outside



<http://www.raepica.com/2017/11/early-childhood-keynote-speaker-part-3/> (accessed 12/23/17)



Patterns of Development

Other Ways to Look at Movement

Keeping the developmental components, top to bottom, inside to outside, gross to fine motor, in mind, there are also ways to look at movement in terms of:

BASIC BODY ACTIONS

ACTIVITIES OF THE BODY

ACTION OF BODY PARTS

SHAPES OF THE BODY

Basic Body Actions – curl, stretch, twist



Activities of the Body

Locomotor - walking, running, sidestepping, sliding, jumping; weight transference, rocking, rolling, hopping, gallop

Activities of the Body

Non-locomotor – bending, stretching, twisting, pushing, pulling, spinning, rising/sinking, opening/closing, turning



Activities of the Body

- Sending objects away – kicking, striking, throwing
- Gaining possession of an object - catching & collecting



Activities of the Body

- Maintaining possession of an object - carrying & propelling
- Avoiding contact with an object - dodging & jumping

Action of Body Parts

<i>Support the Body</i>		<i>Apply Force</i>
<i>Lead Action</i>		<i>Receive Force/Weight</i>



Action of Body Parts

Balance



Shapes of the Body

Shapes of the Body





What are Behaviors?

Actions, tasks or abilities that are reasonable to expect a child to know and be able to do at specific stages in his or her development.

PreschoolFirst is a research-based, online child-assessment system for children ages birth-66 months developed by *The Source for Learning, Inc.*

PreschoolFirst Behaviors – GROSS MOTOR DOMAIN

BEHAVIOR #	BEHAVIOR/SKILL	AGE RANGE
6.5	Moves and thrusts arms and legs	0-4 m
11.5	Can turn head from side to side while laying on stomach	0-4 m
31	Plays with own hands and feet	4-8 m
43	Tries to move a large movable toy	4-8 m
70	Drops an object he/she is holding to reach for a new toy	8-12 m
84	Transfers an object from hand-to-hand	8-12 m
112	Sits down by him/herself in a chair	12-18 m
153	Squats to play or pick up an item	18-24 m
218.5	Bends over without falling	24-30 m
284	Stands, balances, and walks on tip toe	30-36 m
340	Walks on a 10 in. wide balance beam	36-48 m
429	Kicks a 6 in. ball while running	48-66 m



“ Movement education can help a child to adjust socially and emotionally because it can provide him with successful experiences and permit interrelationships with other children in groups and with a partner. Movement education requires that a child be aware of others in (activities) in which he shares space....he has to take turns and to cooperate. He thus develops social awareness and achieves satisfaction through peer relationships and group play.

~ Frostig (1970, pp.9, 10) ”

NEXT webinar

**Inside, Outside, Upside-Down:
Connecting Movement to
Teaching & Learning**

**Wednesday, March 14, 2018
1:30-2:30 PM Eastern Time**

Resources

- 1 Frostig, M (1970) *Movement Education: Theory and Practice*. Chicago: Follet Education Corp.
- 2 Pica, Rae (2000) *Experiences in Movement with Music, Activities, and Theory* Delmar, Thomson Learning

The Source for Learning – ECE Initiatives

Questions?

**Need to connect with us
regarding these **FREE** webinars?**

Email: ece-pd@sflinc.org
Phone: 866-584-2900

www.sourceforlearning.org/ecei
www.sourceforlearning.org/vaecap
www.preschoolfirst.com/

NEW

**The Virginia Early
Childhood Administrator
Professional Credential
(VA-ECAP)**

ONLINE CREDENTIALING PROGRAM
The program is a joint offering with Northern Virginia Community College (NOVA) that is recognized by NAEYC. Participants earn a combination of credit hours and CEUs.

Learn more: <https://www.sourceforlearning.org/vaecap/>