CHAPTER 8: Promoting the Development of the Physical Self
Promotion of Health and Safety in the Children’s Center

• **Providing Safe Transportation to School Is a Must!**
  1. rear facing car seats until age 2
  2. use booster seats only when they are too big for a car seat
  3. no adult seat belt unless they are 4'9" (age 8-12 years old)

• **Basic Ways to Protect and Foster the Physical Health of Children**
  * Immunizations are Required
  * Vaccine preventable illnesses: diphtheria, measles, pertussis, polio, tuberculosis, tetanus

  ▪ Unvaccinated Children on the Rise  **1. WHY?**
  ▪ Vaccinations for Adults: rubella, Hep A&B, flu shot
  ▪ Annual Flu Vaccine
Promotion of Health and Safety in the Children’s Center

- Physical Examinations Should Be Required Before the Child Enrolls
- The Teacher Should Be Prepared to Help Families Find Health Care During the Year Whenever Possible
- The Teacher Should Act as a Health Screener
- The Teacher Must Know What to Do When a Child Becomes Ill at School
- General Health Precautions Should Be Observed Consistently by Children and Staff

2. What are the general health precautions?
3. When should they be done?
Promotion of Health and Safety in the Children’s Center

• Maintaining the Physical Safety of Children
  ○ Insurance
  ○ Safety Checks:  4. What areas of the school/classroom must be checked?
  ○ Dangers:  5. What are some dangers in the school/classroom?
Basic Principles of Physical Development

- Development Occurs in Predictable Patterns and Sequences pg. 213
- The Course of Development Moves from Head to Tail
  6. What is this pattern of development called?
- The Course of Development Moves from Large- to Fine-Muscle Control
  7. What is this pattern of development called?

  ◦ Young children need ample opportunities to use their large muscles in vigorous, energetic, physical play.

  ◦ Activities that stimulate children to practice fine-motor skills should also be offered—but not overdone.
Fostering Large-Muscle Development in Young Children

• Use of Apparatus to Promote Large-Muscle Skills

• Role of the Teacher in Fostering Large-Muscle Play
  ○ Provide Plenty of Opportunity for Outdoor Play

8. What are some activities/toys to do this?
  ○ Support Children’s Play

9. How can teachers support children's play?

• Fostering Play in Children with Special Needs

10. How can teachers do this?
Teachers’ Support of Children’s Fitness

• Programs Should Encourage Physical Activity —and Plenty of It!
  ◦ Children are more sedentary than ever before.
  ◦ Effects of increasing use of electronic media.
  ◦ Teachers need to involve families in supporting children’s physical fitness.

11. How can teachers help families to stay active?
Use of Perceptual-Motor Activities to Enhance Physical Development

- Planning for Specific Perceptual-Motor Activities
- *Perceptual motor skills*: Ability to interact with the environment combining the use of senses & motor skills

  - Eight Categories of Motor Tasks in Early Childhood pg 220
    1. Locomotion
    2. Balance
    3. Body and Space Perception
    4. Rhythm and Temporal Awareness
    5. Rebound and Airborn Activities
    6. Projectile Management
    7. Management of Daily Motor Activities
    8. Tension Releasers
Use of Perceptual-Motor Activities to Enhance Physical Development

Fostering Fine-Muscle Development (Daily Motor Activities) 12. What are some examples of fine motor activities?

- Things to Remember When Presenting Fine-Muscle Activities
  1. short duration
  2. have more than 1 activity available at the same time
  3. children should be free to move around or leave the activity

- Relaxation and Tension-Relieving Activities

13. What are some tension-relieving activities for young children?
Use of Perceptual-Motor Activities to Enhance Physical Development

Using Physical Activity to Promote Creative Thought and Self-Expression

Using Movement Exploration
1. What could you do with a ball with different parts of your feet?
2. Can you hold the ball without using your hands?

Using Creative Dance as a Means of Self-Expression
1. use different types of music
2. use props like scarves, bubbles. Pictures of animals....
FOSTERING SENSORY EXPERIENCE

• The Sensory Experience of Close Physical Contact Is Important to Children
  ◦ Some teachers feel unease about physical closeness with children.
  ◦ Research supports the value of close physical contact.
  ◦ Being touched is an essential component to physical and emotional health.
  ◦ Centers should promote openness and trust with families.