

Thinking about Development

This activity is designed to help staff members articulate the value of physical activity and to help them reflect on the physical development that they will see at different stages. Work with staff members to describe the movements they see children do in their classrooms or programs. Then help staff members describe what the child is learning.

<i>I am moving...</i>	<i>I am learning...</i>
<i>Sample: Kaylee is rolling from her tummy to her back.</i>	<i>Sample: I have control over my body. I can make things happen. There are interesting things around me.</i>
<i>Jerome is taking 3-point shots on the basketball court.</i>	<i>I can be a leader on a team. My muscles are getting more powerful. I can envision something and make it happen.</i>