



Physical Development

Research Highlights

- Physical Activities Enhance Young Children’s Brain Development (p. 133)
- Must Young Children Sit Still in Order to Learn? (p. 137)
- Locomotor Skills (p. 148)
- Development of Handedness in Children (p. 170)
- Beyond the Five Senses (p. 172)
- Does Increasing Children’s Physical Activity Really Make a Difference? (p. 198)
- Strength Training for Young Children: Is It Okay? (p. 204)

Unit 3 – Physical Development: Key Topic 5 <http://www.wested.org/facultyinitiative/> 2

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Research Highlights

- What caught your attention in these research highlights?
- What was something new or surprising that you learned?
- How does the information from the research highlights change the way you plan learning experiences for children's physical development? What questions came up for you?
- Which highlight do you want to explore further?

Unit 3 – Physical Development: Key Topic 5

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Research Highlights

- Locate the references listed in the research highlight.
- Write a brief summary of each reference.
- Create an informational poster.
 - Include text and graphics.
 - Demonstrate the main themes of your research highlight and the research that supports it.

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- Which elements from the posters caught your attention?
- What was the most challenging part of creating your poster?
- What did you learn from creating a poster?
- How could you use posters to explain to family members some of the research highlights that describe children's physical development?



- Which facts from the research highlights do you remember?
- Which ones were the most intriguing to you?
- How does an understanding of the research help you in your curriculum planning around children's physical development and active physical play?
- Which research highlight other than the one you selected do you want to explore further?



- 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?

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- Review the endnotes or bibliography to identify research journals related to physical development.
- Choose a journal and find two articles related to some aspect of young children's physical development that are not listed in the *California Preschool Curriculum Framework, Volume 2*.
- Write a brief summary of the articles, including a full journal citation.