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)
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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?
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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.

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?
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.