

# Physical Development



## Handout: Connecting to the Physical Development Foundations By Experiencing Them

Try some or all of the following skills. Do this only with a partner to assist and take turns. Try only what you want to do or know you can do safely. As you do the skills, discuss the experience with your partner. Note what was easy or challenging or any other reflections about your experience.

| Skill   | Notes: Was it easy or were there challenges? Other? |
|---|---|
| <b>Strand: Fundamental Movement Skills</b>  |   |
| <i>Substrand: Balance</i>   |   |
| Stand on one foot for five seconds (holding your partner's hand for support as needed).                             |   |
| Put a five-foot length of tape on the floor for and walk on it (holding your partner's hand for support as needed). |   |
| <i>Substrand: Locomotor Skills</i>  |   |
| Walk and stop when your partner says "stop" and go when your partner says "go." Repeat several times.               |   |
| Put a book on the floor and do a two-footed jump (holding your partner's hand for support as needed.)               |   |



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- What was your overall impression of this experience?
- What things were hardest? Easiest?
- Were there any surprises?
- What did you learn about your relationship to these foundations?
- What does this experience suggest about our work with young children relating to the domain of physical development?