

# Physical Development



Physical Development: Learning Experience 8

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# Physical Development

## **Support for physical development**

- Parents value physical activity.
- Parents enjoy, engage in, and model physical activity.
- Parents take children to parks/playgrounds where they can engage in physical play and try out new skills and equipment.
- Parents have the financial resources to take children to sporting events.

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## Physical Development

### **Support for physical development**

- There are safe areas for children to play outside every day.
- Family events include physical activities.
- The family's culture includes activities that involve physical skill and activity.
- Parents provide simple age-appropriate equipment for children to use.

## Physical Development

### **Barriers for physical development**

- Parents do not prioritize physical activity.
- Children do not see family members and friends engaging in physical activities.
- Parents/caregivers do not take children to places where they can engage in physical play.
- Safe outdoor play areas are not easily accessible to families.
- Children are encouraged to do more sedentary activities.

## Physical Development

### **Barriers for physical development**

- Children have few opportunities to play outside every day because of school, child care, and/or transportation schedules.
- Children have limited access to age-appropriate equipment such as balls, swings, climbing equipment, or riding toys.
- Taking children to sporting events is expensive.
- The costs associated with children participating in physical activities or taking sports or dance lessons are prohibitive.

## Physical Development

- What activities on the list surprised you?
- Which activities would be easiest for children and families in your community to do? Which ones are more difficult?
- Why is it important to consider family and community beliefs, values, practices, and circumstances when thinking about children's physical development and activity?
- What key message from this learning experience will you remember when using the physical development foundations in your teaching?