

# 1,2,3 PRESCHOOL P.E. PART 1

## THE IMPORTANCE OF DEVELOPMENTALLY APPROPRIATE PHYSICAL EDUCATION & PHYSICAL GROWTH



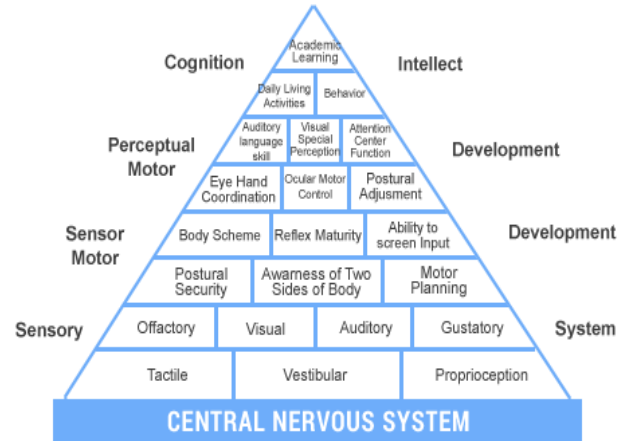
Isaiah 28:9 & 10

*“To whom would He teach knowledge, and to whom would He interpret the message? Those just weaned from milk? Those just taken from the breast? For He says, ‘order on order, order on order, line on line, line on line, a little here, a little there.’”*

## Skill-based Development

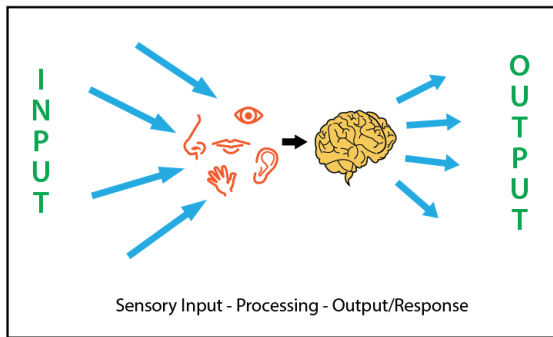
Building Blocks for development:

- Tactile Development
- Vestibular Sense
- Proprioception



Pyramid of Learning. (Williams & Shellenbeger, 1-4)

## Sensory & Perceptual Motor “INTEGRATION”



## Other Takeaways

# 1,2,3 PRESCHOOL P.E. PART 2

**Review: Tension**

**Relaxation:  
Progressive Muscle Relaxation (PMR)**

**Patterns of Movement:**

<b>Kinesthetic Awareness</b>	
<b>Figure Ground Relationship</b>	
<b>Midline / Laterality</b>	
<b>Shoulder Differentiation</b>	
<b>Balance</b>	

## Preschool PE Class Plus Classroom Integration

<p><b>Indoor</b></p> <ul style="list-style-type: none"> <li>• Transition activities</li> <li>• Walk of the day- animals/types</li> <li>• Walking on a line, types of jumps</li> <li>• Spinning/Rolling on the ground</li> <li>• Stretches</li> <li>• Going backwards</li> <li>• Floortime and grounding (tummy time)</li> <li>• Mirror Mirror</li> <li>• Freeze Dance</li> <li>• Balance beam</li> <li>• Hopping (both feet/one foot)</li> <li>• Twisting</li> <li>• Scarves/flags/noodles</li> <li>• Bean bags</li> </ul>	<p><b>Outdoor</b></p> <ul style="list-style-type: none"> <li>• Pushing/pulling a wagon or dump truck</li> <li>• Raking/sweeping/shoveling</li> <li>• Lifting and carrying large objects</li> <li>• Digging. And digging.</li> <li>• Carrying buckets of sand or water</li> <li>• Jumping</li> <li>• Tug of War with stretchy bands (on sand or soft surface)</li> <li>• Monkey bars</li> <li>• Dancing</li> <li>• Wheel-barrow walks</li> <li>• Jumping rope</li> </ul>
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