

Basic Foundations

Birth to Three Years — Physical Education and Health

Development is bi-directional—what a child does or does not do affects the caregiver's response, and what the caregiver does or does not do, in turn, has an effect on the child. Positive encouragement for active exploration and investigation, which builds motor and sensory pathways, is important. (*Marcon 2003*)

Body Awareness and Motor & Sensory Experiences

Young children are learning when they —



- * Become aware of themselves as separate from others—lying by themselves and watching others move around them, helps them understand that they are an individual.
- * Explore objects, people and things around them—by kicking, reaching, grasping and pulling they are developing motor skills and sensory experiences.
- * Imitate, follow and enjoy adult interactions during games—playing peek-a-boo, pat-a-cake and moving to music is helping build physical skills.
- * Show understanding of cause and effect—when they learn that pushing the ball will make it roll across the room.

Adults are being supportive when they —

- * Talk and sing to infant, smile, coo, sway and swing—each of these provides a different experience for the child.
- * Offer finger or rattle for grasping—encouraging actions that will help build a child's fine motor skills.
- * Offer opportunities for child to imitate sounds and movements—singing and dancing to a favorite song helps a child's awareness of how their body moves.
- * Engage in developmentally appropriate activities—always keep a child's age in mind when playing; don't try something that might be too hard and could hurt the child.

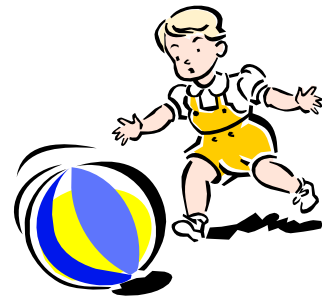


Websites for Fun and Ideas—

health.discovery.com/centers/infant-toddler/index.html

www.americanbaby.com

www.shirleys-preschool-activities.com/index.html



Based on the
FOUNDATIONS to the Indiana Academic Standards
for Young Children from Birth to Age 5
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