

National Center on  
Early Childhood Development, Teaching, and Learning

September 15, 2022

## Growing Physical Skills Through Outdoor Learning and Play

**Host**  
Marley Jarvis, PhD  
NCECDTL

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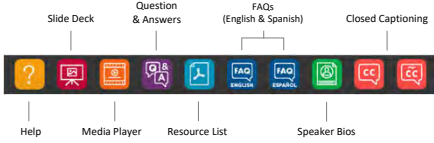
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### Webinar Features



Slide Deck    Question & Answers    FAQs: (English & Spanish)    Closed Captioning

Help    Media Player    Resource List    Speaker Bios



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### Learning Objectives

1. Explain how outdoor learning environments can help support skills within the preschooler Perceptual, Motor, and Physical Development ELOF domain
2. Plan for materials and interactions that support the development of preschoolers' physical skills outdoors



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What do we mean by "physical skills"?



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The Head Start Early Learning Outcomes Framework (ELOF)

	CENTRAL DOMAINS				
	APPROACHES TO LEARNING	SOCIAL AND EMOTIONAL DEVELOPMENT	LANGUAGE AND LITERACY	COGNITION	PERCEPTUAL, MOTOR, AND PHYSICAL DEVELOPMENT
▲ INFANT/TODDLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication	Cognition	Perceptual, Motor, and Physical Development
● PRESCHOOLER DOMAINS	Approaches to Learning	Social and Emotional Development	Language and Communication Literacy	Mathematics Development Scientific Reasoning	Perceptual, Motor, and Physical Development

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ELOF—Perceptual, Motor, and Physical Development Domain

Gross Motor

Fine Motor

Health, Safety, and Nutrition

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### Sub-Domain 1: Gross Motor



Goal P-PMP 1. Child demonstrates control, strength, and coordination of large muscles.



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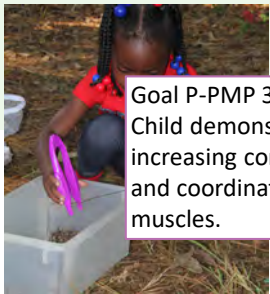
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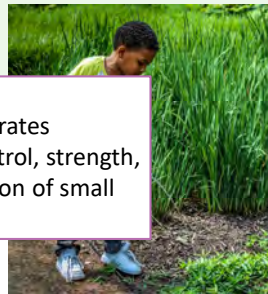
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### Sub-Domain 2: Fine Motor Skills



Goal P-PMP 3. Child demonstrates increasing control, strength, and coordination of small muscles.



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### Sub-Domain 3: Health, Safety, and Nutrition



Goal P-PMP 6. Child demonstrates knowledge of personal safety practices and routines.

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### Want More on Nature, Play, and the ELOF?



Look for these two previous Front Porch webinar recordings!  
(link in your viewer's guide)

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### Are most young children getting enough physical activity?

Nope!

Many children from ages 3-5 do not meet physical activity level guidelines (at least 3 hrs/day)



National Academy of Sciences Institute of Medicine 2011; U.S. Department of Health and Human Services 2018

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### What are some ways to boost physical activity levels in young children?




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### Go Outside!



Thigpen 2007

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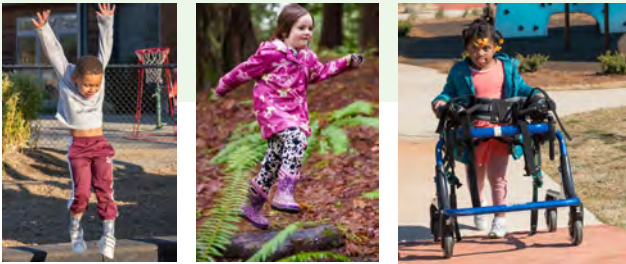
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### Bone-Strengthening Activities, Too!



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### What Else Does the Research Say?

1. Increase time spent outside in play.
2. Provide portable play equipment.
3. Train staff in delivery of structured physical activity sessions.
4. Integrate physical activity throughout the day.



Physical Activity Guidelines for Americans 2018

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### Physical Play Outdoors

As you watch:  
What physical skill development do you see happening here?  
What aspects of the environment, materials, or adult interactions support this?



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### How can we support children with disabilities in outdoor play?



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### Guest Expert

Jennifer Fung, PhD  
Cultivate Learning, University of Washington  
Inclusion Lead, NCECDL

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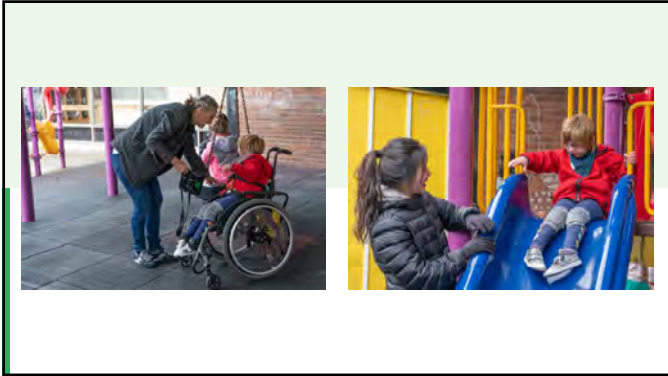
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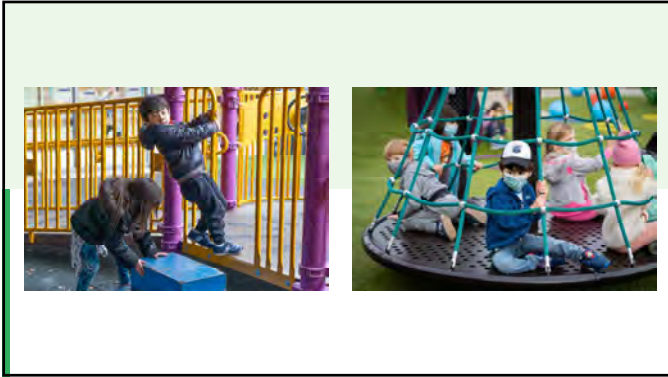
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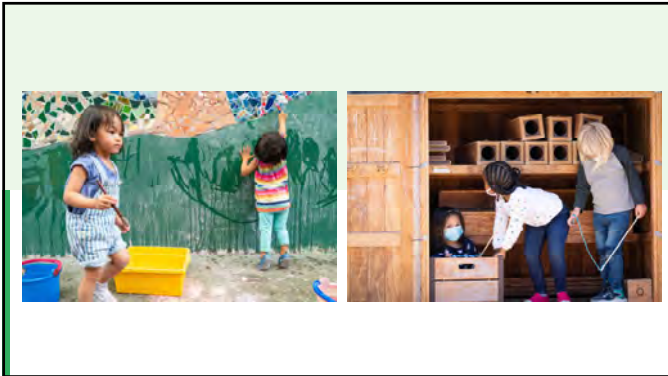
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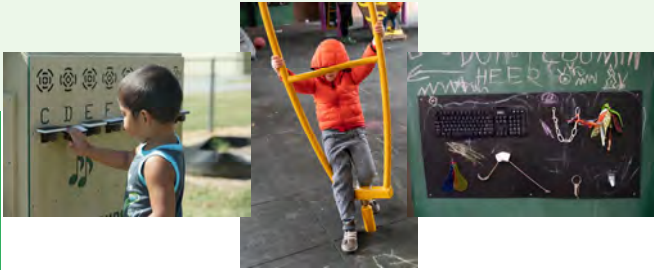
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### Supporting Inclusive Outdoor Play



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### Inclusion on the Playground



- As you watch:
- What's working well?
  - What barriers might exist?



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### What's Going On?

- What's working well?
  - Accessible physical environment
  - Adult support
- What might increase inclusion?
  - Play materials
    - Sensory
    - Things to push
  - Social games
  - Solitary space



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### Inclusive Outdoor Play

- What's going well?
- What barriers might exist?
- What could support accessibility and inclusion?



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### What's Going On?



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### “Risky” Play and Physical Development

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Development of Physical Skills Requires Appropriate Challenge



Brussoni et al. 2012

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Supporting Physical Play Outside Through the Learning Environment



Brussoni et al. 2017

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Children with disabilities deserve access to risky play, too.

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**Guest Expert**  
Mike S. Browne  
Sr. Director of Community  
Engagement, Cultivate Learning  
University of Washington



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Who “gets” to take part in risky play?



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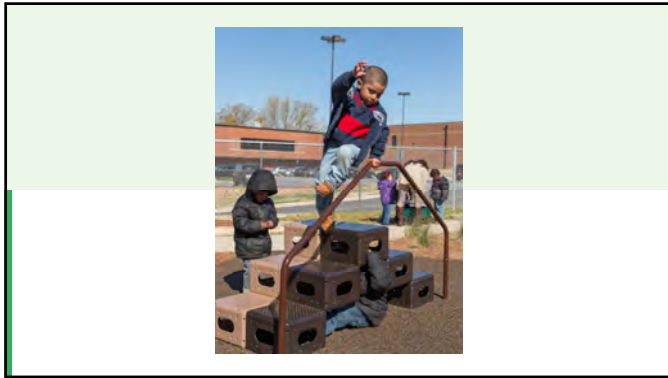
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### Inclusive Outdoor Physical Play for All Children

- Spaces where all children can play together
- Nature and outdoor play belong to all children
- Variety and complexity of materials to support lots of different play
- Appropriate physical challenges
- Physical activity throughout the day

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Thank you  
We Want to Hear  
From You!

For more information contact:  
[ecdtl@ecetta.info](mailto:ecdtl@ecetta.info)  
(Toll-free 1-844-261-3752)

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