

 **Teacher Time** Welcome!

While you wait for Teacher Time to begin, please:


- Introduce yourself in the chat box, and let us know:
 1. Where are you from, and what is your role?
 2. What is your favorite activity to do with preschoolers that gets them up and moving?



"If you don't leap, you'll never know what it's like to fly." – *Guy Finley*

"Perceptual, Motor, and Physical Development is foundational to children's learning in all areas because it permits children to fully explore and function in their environment."

Head Start Early Learning Outcomes Framework: Ages Birth to Five





TEACHER TIME:
Physical and Motor Development for Preschoolers


May 18, 2018

Hosts: Judi Stevenson-Garcia & Treshawn Anderson


Guest Experts: Dr. Sherri Alderman

Chat Room Facilitator: Jan Greenberg


 


 **Adobe Connect Features**



Chat Room Facilitator:
Jan Greenberg



- Download supporting documents
- Video note
- Complete evaluation



 **Teacher Time** MyPeers & ECLKC

<https://eclkc.ohs.acf.hhs.gov/about-us/article/mypeers-collaborative-platform-early-care-education-community>

Explore What's New
<https://eclkc.ohs.acf.hhs.gov/>


 **Teacher Time** Perceptual, Motor, and Physical Development

Gross Motor




Fine Motor



 **Teacher Time** Gross Motor

- Gross Motor skills- Moving the whole body and using larger muscles of the body, such as those in the arms and legs.
- Better coordinated movements such as:
 - Swinging
 - Balancing
 - Climbing
 - Running
 - Jumping





Fine Motor

- Fine Motor skills- Using the small muscles found in individual body parts, especially those in the hands and feet.
- Better precise and intentional movements such as:
 - Writing
 - Painting
 - Cutting with scissors
 - Buttoning
 - Pouring





Gross & Fine Motor Skills Support Other Domains





Perceptual, Motor, and Physical Development

Dr. Sherri Alderman
National Center on Early
Childhood Health and
Wellness





Perceptual, Motor, and Physical Development

- Preschoolers are driven to interact
- Motor skills are foundational to perspective-taking
- Motor and physical development allows preschoolers to engage and "keep up with their peers"
- Motor skills become more complex as capacity and abilities increase





Perceptual, Motor, and Physical Development



- Social interactions require movement
- Being able to "keep up" increases self-esteem and social-emotional development
- A bodily sense of centeredness is a foundation for concentration and other executive functioning skills.



Perceptual, Motor, and Physical Development

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Effective Teaching Practices

- Variety of environmental opportunities for physical activity
- Knowing children's unique differences
- Short periods of motor activity to promote emotion regulation and focus
- Structuring classroom activities that require children to move in order to complete the task
- Adapting learning environments to meet the needs of all children



Approaches to Learning

Learning to:

- Persist – or keep trying – even if a task is frustrating.
- Be flexible
- Control impulses





Ongoing Assessment

You prefer cool colors (blues & greens):

You prefer warm colors (reds & oranges):

Where/when is it best to assess gross motor skills?

Where/when is it best to assess fine motor skills?



Ongoing Assessment

- Two-way communication
- Families are the best source of information





Thank you!!



Resources:
 MyPeers
 T4T
 ELOF2GO



Text4Teachers



Remember to complete the evaluation – we value your feedback!
