

## Study Session 3: Understanding Physical Development

### Session Objective:

- To understand principles of physical development
- To support the development of fine and gross motor skills

### Session Assignment:

- **Reading:**

Copple, C. and Bredekamp, S., Ed. (2009). *Developmentally Appropriate Practices in Early Childhood Programs*. Washington, DC: NAEYC.  
Read pages 53 – 73, 113 – 119, and 163 – 164.

Supplemental Reading section in the back of this packet:  
Compiled by Child Care Resource and Referral (2007). *What Do We Know About Physical Development?* Read entire article.

Dodge, D. T., Colker, L. J., and Heroman, C. (2002). *The Creative Curriculum for Preschool*. Washington, DC: Teaching Strategies.  
Read pages 23 – 26 and 49 – 50.

Dodge, D. T., Koralek, D. G., and Pizzolongo, P. J. (2004). *Caring for Preschool Children*. Washington, DC: Teaching Strategies.  
Read pages 87 – 95.

Dodge, D. T., Rudick, S., Berke, K. (2006). *The Creative Curriculum for Infants, Toddlers, and Two's*. Washington, DC: Teaching Strategies.  
Read pages 26 – 28

**After completing the reading assignment above, answer the following questions:**  
(10 points possible)

1. Using information from the reading assignments, define physical development. Then describe how you use knowledge of children's physical development in your work with children. (1 pt)

2. Identify the two main areas of physical development and give an example of each: (1 pt)

**Area 1:**

Definition:

Example:

**Area 2:**

Definition:

Example:

3. Select **TWO** "General Rules of Physical Development" from the reading "***What Do We Know About Physical Development?***" that you consider to be most interesting. Explain what interests you about the principles you selected. (.5 pts)

**General Rule 1:**

Why you think this is interesting:

**General Rule 2:**

Why you think this is interesting:

4. The reading assignment in the *Creative Curriculum for Infants, Toddlers, and Two's* explains that most beginning movements of infants and toddlers are actually reflexes. What are reflexes, and what purpose do they serve for the very young infant? (1 pt)

Definition:

Purpose:

5. Use information from the reading assignments to complete the following sentence. (.5 pts)

Although they develop at different rates, infants learn to \_\_\_\_\_ their bodies in the same progression. Control develops from \_\_\_\_\_ to \_\_\_\_\_, and from the \_\_\_\_\_ of their bodies out through their \_\_\_\_\_ and legs to their \_\_\_\_\_ and toes.

6. Describe **ONE** daily activity that encourages gross motor development for each of the following age groups: (1 pt)

Non-mobile infants:

Mobile infants:

Toddlers:

3-year olds:

4-5 year olds:

7. Describe **ONE** daily activity that encourages fine motor development for each of the following age groups: (1 pt)

Non-mobile infants:

Mobile infants:

Toddlers:

3-year olds:

4-5 year olds:

8. As you have read, all development is interconnected. For example, as children become more mobile, they can crawl to other people and thus expand their social skills. Using information from the reading assignments, give an example of how children's physical development is connected to development in the following areas: (1 pt)

a. Cognitive development:

b. Language development:

c. Social development:

d. Emotional development:

9. Jason, 14 months old, is a typically developing infant. He has just started to walk, can say a few words, and is usually a happy, busy little boy. Jason's parents want him to be toilet trained because they feel that now that Jason is over a year in age, it's time for him to be done with diapers. In fact, Jason's mother has told you that in her family, every child is expected to be toilet trained by 15 months of age. She tells you it's "just the way it's supposed to be."

Use information from the reading assignment to develop a response to Jason's parents that helps them understand physical development and how physical development affects a child's ability to successfully control his/her bowels and bladder. Then explain the cultural influences that might affect Jason's physical development in this situation. (2 pt)

a. Physical development and toilet learning:

b. Cultural influences:

10. For each of the following age groups, list **THREE** signs that might alert you to a delay in a child's physical development. (1 pt)

**By age 4:**

a.

b.

c.

**By age 5:**

a.

b.

c.