



HEAD START
BODY START
NATIONAL CENTER FOR PHYSICAL
DEVELOPMENT AND
OUTDOOR PLAY




**BIRTH
TO
FIVE**

Motor Development ...Part II



National Association for
Sport and Physical Education



AAPAR
APPLYING ACTIVE PROMOTIVE APPROACHES
FOR EARLY CHILDREN



Meet the Speaker



Dr. Kristi Mally is the director of the Physical Education Teacher Education program at the University of Wisconsin- La Crosse where she has had the opportunity to re-design the elementary physical education preparation component of their curriculum.

Kristi has almost 20 years of teaching experience at the elementary, middle school, and university levels.

She received her Ph. D. from the University of Minnesota in Kinesiology, with an emphasis in motor development.



Keep in Mind...




- **EVERYTHING MATTERS**
- **EVERYTHING CHANGES**
- **EVERYTHING INTERACTS**



BIRTH TO FIVE **Learning Outcome**

1. Review key concepts addressed in Part I
2. Understand that successful movement opportunities are fostered by **manipulation** and **adaptation**



BIRTH TO FIVE **Motor Development**

Adaptive change toward movement competence

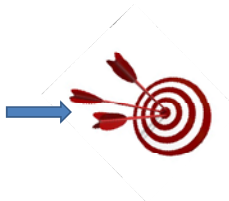


BIRTH TO FIVE **On the Move ... Toward Success**



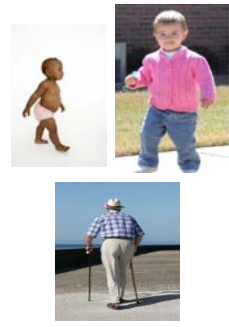
BIRTH TO FIVE Continuum of Movement Development

1. Reflexive
2. Spontaneous/Random
3. Rudimentary
4. Fundamental Movement
5. Specialized Movement

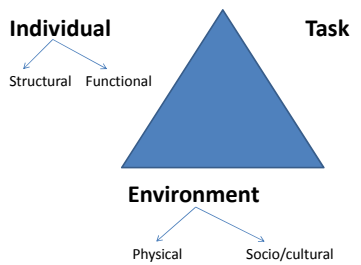


BIRTH TO FIVE Motor Development is ...

1. Continuous & Cumulative
2. Age-related
3. Sequential, yet individual
4. Susceptible to stimulation
5. Plastic
6. Holistic & Integrated




BIRTH TO FIVE Holistic and Integrated



BIRTH TO FIVE Individual Characteristics

Structural


- ✓ Length/height
- ✓ Weight
- ✓ Hand/foot size
- ✓ Leg length
- ✓ Strength
- ✓ Perceptual capabilities



BIRTH TO FIVE Individual Characteristics

Functional

- ✓ Knowledge
- ✓ Arousal
- ✓ Attitude
- ✓ Culture
- ✓ Willingness
- ✓ Disposition, Mood




BIRTH TO FIVE Task Characteristics

1. Purpose
2. Goal
3. Equipment
4. Clothing

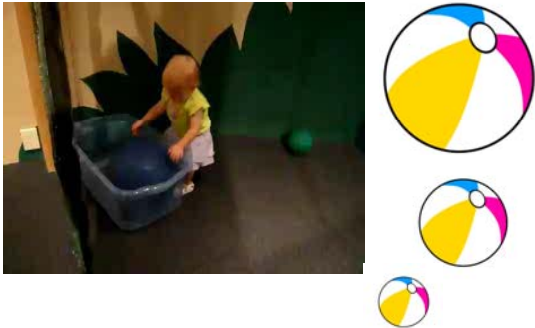


BIRTH TO FIVE Eye on the Prize...



A photograph of a baby crawling in a crib. A blue arrow points from the baby to a cartoon illustration of a brown teddy bear.

BIRTH TO FIVE "This one is just right!"



A photograph of a child playing with water in a blue tub. To the right are three beach balls of different sizes, all with yellow, blue, and pink segments.

BIRTH TO FIVE Environmental Characteristics

Physical

- Temperature
- Weather
- Humidity
- Terrain



A photograph of a child walking on a sandy beach with waves in the background. Below the list is an icon showing a sun, clouds, and raindrops.

BIRTH TO FIVE Environmental Characteristics

Socio/Cultural

- Impact of others beliefs, values, and expectations on the individual:
 - Parents/caregivers
 - Teachers
 - Friends
 - Siblings
 - Community
 - Country



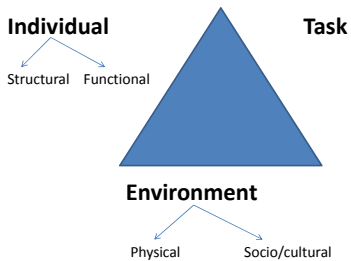
BIRTH TO FIVE Caregivers' Role?

Create Success!



Affordance = An opportunity for action embedded within an object or environment.

BIRTH TO FIVE Using what we know about ...



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graph TD; Individual --> Structural; Individual --> Functional; Environment --> Physical; Environment --> Socio_cultural[Socio/cultural];
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BIRTH TO FIVE *An Affordance in Action*



What would you do with this stool?




BIRTH TO FIVE *Keep in mind...*

Affordances Change




BIRTH TO FIVE *Up we go!*



BIRTH TO FIVE **Time to Reflect**

Development is ...

- ✓ Continuous & cumulative
- ✓ Age-related
- ✓ Sequential yet individual
- ✓ Susceptible to stimulation
- ✓ Plastic
- ✓ Holistic & integrated



BIRTH TO FIVE **Keep in Mind...**



- **EVERYTHING MATTERS**
- **EVERYTHING CHANGES**
- **EVERYTHING INTERACTS**



BIRTH TO FIVE 

Questions & Answers



 **Contact Information**

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