




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



**BIRTH TO FIVE**



National Association for Sport and Physical Education



**AAPAR** ASSOCIATION OF APPLIED PHYSICAL EDUCATION

**Introduction to Motor Development – Part I**

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**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.

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**Stop & Think**

**Where did I come from ... *Where am I going?***



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

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



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**BIRTH TO FIVE** **Learning Outcomes**

1. Understand key concepts and vocabulary related to motor development
2. Recognize the implications that these concepts have on movement for children **Birth to Five**
3. Understand that successful movement opportunities are fostered by manipulation and adaptation [*Coming in Part II*]



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**BIRTH TO FIVE** **Motor Development**

Adaptive change toward movement competence



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



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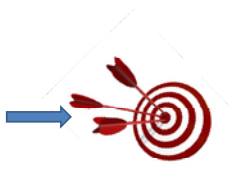
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**BIRTH TO FIVE** Continuum of Movement Development

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



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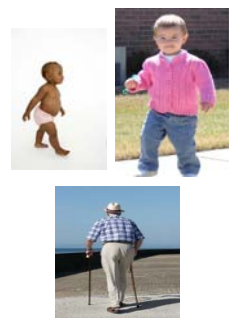
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**BIRTH TO FIVE** Motor Development is ...

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



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**BIRTH TO FIVE** Assumptions about Development

 Human development is a **continual and cumulative** process from conception through older adulthood

 ➤ Continuity versus discontinuity

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**BIRTH TO FIVE** Assumptions about Development

 Development is age related but **NOT age determined**

➤ Maturation versus Development



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 **Different, Yet Alike**

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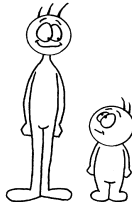
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**BIRTH TO FIVE** **Universality Versus Variability**

**Universality** = common characteristics

**Variability** = **different** characteristics



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**BIRTH TO FIVE** **Universality – Birth to Five**

1. Maturation of central nervous system (CNS)
2. Increased muscular strength and endurance
3. Increased posture and balance
4. Improved sensory processing



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**BIRTH TO FIVE** **Variability – Birth to Five**

- Opportunities 
- Experiences 
- Culturally-based practices 
- Containerized Society 

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**BIRTH TO FIVE** Assumptions about Development

 Development is sequential but *individual*

- Pattern of development is fairly predictable = *Sigmoid Curve*
- Rate of development is individual



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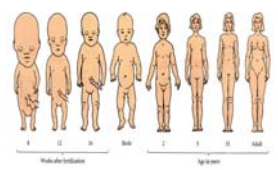
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**BIRTH TO FIVE** Directional Pattern = Universal

- Top to Bottom
- Inside to Outside
- Gross to Fine



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**BIRTH TO FIVE** Assumptions about Development

 Development is aided by **positive stimulation**

- Movement experiences = chief architect of the brain
- Early experiences completely change an individual's path



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**BIRTH TO FIVE** **Think About It**

What **physical activity-related** experiences have you had, that if you had not had, would have caused you to be very different **mover** than you are today?



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**BIRTH TO FIVE** **Assumptions about Development**

 There is much **plasticity** in human development

- Window of Opportunity
- Readiness



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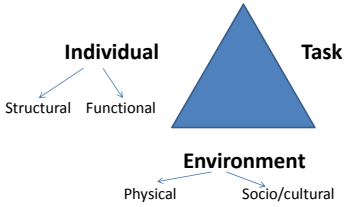
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**BIRTH TO FIVE** **Assumptions about Development**

**6** Development is a **holistic & integrated process**



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**BIRTH TO FIVE** **Time to Reflect**

*Development is ...*

- ✓ Continuous & Cumulative
- ✓ Age-related
- ✓ Sequential, yet individual
- ✓ Susceptible to stimulation
- ✓ Plastic
- ✓ Holistic & Integrated



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



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



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**BIRTH TO FIVE**



**Questions & Answers**



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**BIRTH TO FIVE**

*Part II ~ Motor Development  
– Birth to Five  
November 9<sup>th</sup>  
11:00 am EST*



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**BIRTH TO FIVE**

*Contact Information*




**Head Start Body Start**

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