



Physical Development & Movement California Kindergarten Association

Do you find it easier to teach a reading or math lesson if children have first had an opportunity to move, stretch, or play outside? Teachers know physical education and movement are critically important for young children. Research shows that movement influences and is influenced by cognitive, motor, and affective domains of human behavior (Gallahue 1995, pg 125). This month CKA is focusing its lesson plans, videos, list of resources, and research on physical education and movement. You can find the following on our website:

- **Summary of children’s stages of development and their need for physical activity** during these stages – As valuable as spontaneous opportunities are in teaching, teachers must not leave content and sequence to chance. We must be familiar with the key content and skills in each domain (NAEYC, *Basics of Developmentally Appropriate Practice*, pg 44). [Click here](#) for Physical Growth and Development of Young Children.
- **Research for CKA Members** – “[Learning to Move and Moving to Learn](#)” by Robin Reese offers information about the interactive relationship between physical development and other areas of children’s development. It offers answers to what children should learn in physical education and which games and activities are appropriate and why. Study Guide questions help your Professional Learning Communities delve more deeply into the article.
- **Preschool, Transitional Kindergarten and Traditional Kindergarten, and First Grade activities and lesson plans** – offered by California educators. [See Physical Development and Movement CCSS.](#)
- **Resources** – By utilizing quality resources, teachers can choose learning experiences and materials to help children reach outcomes appropriate for their age and developmental stage. Resources include a poster on physical education to use with parents and classroom visitors, names of quality professional development, organizations, and their websites, as well as guidance materials. [Click here for Physical Development and Movement Resources.](#)
- **Videos** – promising practices and examples from California educators. [Click here](#) for Musical PE Plus Warm-UP video.