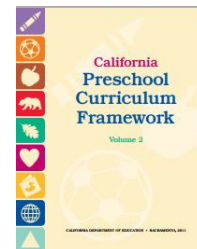




Physical Development Domain



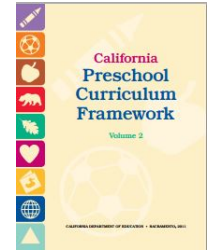
Active Physical Play

1.0 Active Participation

Interactions and Strategies	Page # (PCF, Vol. 2)	Notes/Ideas
Provide ample opportunity for children to engage daily in active play.	p. 196	
Create inviting activity environments in which children can be physically active.	p. 196	
Help children identify appropriate places for different types of physical activity.	p. 196	
Create an activity environment that is nurturing and supportive and allows likely success.	p. 196	
Encourage children to continue participation by providing opportunities for short but frequent rest periods during vigorous activity.	p. 197	
Ensure that physical activity is sustained by providing personally meaningful and purposeful opportunities for children.	p. 197	
Recognize and take into account any environmental constraints.	p. 197	
Encourage physical exploration through play equipment and materials.	p. 197	
Respect differences in children's temperament and find creative ways to engage all children in active physical play.	p. 197	



Physical Development Domain



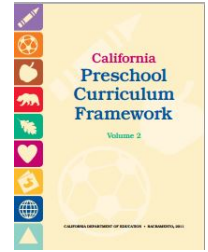
Active Physical Play

2.0 Cardiovascular Endurance

Interactions and Strategies	Page # (PCF, Vol. 2)	Notes/Ideas
Design the physical setting of the play environment to encourage moderate or vigorous physical activity.	p. 200	
Engage children of all ability levels in activities that promote increased cardiovascular endurance.	p. 200	
Promote increased cardiovascular endurance through chasing and fleeing activities.	p. 200	
Promote cardiovascular endurance through the use of riding toys that require sustained pedaling or cranking.	p. 200	
Use imagery as an effective tool in promoting moderate to vigorous physical activity.	p. 200	
Provide positive encouragement for participation.	p. 201	
Promote increased physical activity through story plays.	p. 201	
Promote cardiovascular endurance through dance and rhythmic activities.	p. 201	



Physical Development Domain



Active Physical Play

3.0 Muscular Strength, Muscular Endurance and Flexibility

Interactions and Strategies	Page # (PCF, Vol. 2)	Notes/Ideas
Encourage the development of muscular strength and endurance through building activities that involve performing “work” repeatedly.	p. 204	
Promote cardiovascular endurance through repeated muscular endurance activities.	p. 204	
Promote muscular endurance and strength in the muscles of the upper body through the use of playground equipment that encourages climbing, hanging, and swinging.	p. 204	
Allow for supervised risk taking.	p. 204	
Engage children in the setup of the play space and the return of materials to their original space.	p. 205	
Promote increased joint flexibility through animal walks, nursery rhymes, and story plays.	p. 205	
Encourage practice in fundamental movement skills and perceptual-motor activities that contribute to children’s physical fitness.	p. 205	