

HANDOUT 14

Physical Development Domain Guiding Principles

Guiding Principles	Page # <small>(PCF, Vol. 2)</small>	Notes/Ideas
Developmentally appropriate movement programs accommodate a variety of individual differences among children.	p. 133	
Children often learn best through maximum active participation.	p. 133	
The physical safety of children's play environments should be of paramount importance at all times.	p. 133	
Family members working as partners with teachers are key to enriching the physical development of children.	p. 133	
Inclusion of children with special needs is beneficial to all and promotes greater understanding of and respect for diversity.	p. 134	
Children are multisensory learners with unique learning styles.	p. 134	
To maximize teaching effectiveness, movement skill learning should first focus on how children are moving their bodies.	p. 134	
Children generally learn new movement skills more easily when they can focus on one specific aspect of the skill at a time.	p. 134	
Children benefit from ample opportunities to practice new physical skills.	p. 134	
Children benefit from integrated learning activities across the curriculum.	p. 135	
Frequency, intensity, type, and duration are the four key parameters to designing active physical play to enhance children's fitness and health.	p. 135	
Physical skills are more easily learned when clear instructions and appropriate feedback are provided in children's home language using familiar communication methods.	p. 135	