Physical Development

The VLS Core Content was designed to align across tracks which means a significant portion of each track’s content is relevant for all direct care staff. This document identifies unique age-specific content, activities, and resources by lesson and can be used as a guide for review material if a staff member moves to care for a new age-group. For example, direct care staff who move from an infant and toddler to a preschool classroom should consult the Preschool track to be aware of age-specific material that resides in that track. Use this document as a guide and remember to work with your trainer to help identify content areas in the VLS where you may need extra review and support to be knowledgeable about best practices for all children in your care.

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<th>LESSON 1</th>
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<td><strong>Infants &amp; Toddlers</strong></td>
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<td>Physical Development: An Introduction</td>
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1. **Section**: Importance of Physical Growth and Development
2. **Tabbed Menu**: How does Physical Development Affect Other Areas of Development for Infants and Toddlers?

3. **Video**: Physical Development – Its Connection to Other Areas of Development
4. **Bulleted List**: How to help infants and toddlers develop physically in your program
5. **Attachment**: Supporting Physical Development
6. **Attachment**: Overcoming Barriers to Being Active

| Preschool |
| Physical Development: An Introduction |

1. **Video**: Movement and Learning in Preschool
2. **Bulleted List**: Tips to promote preschoolers’ gross- and fine-motor skills
3. **Attachment**: Let’s Move! Child Care Physical Activity Checklist Quiz

| School Age |
| Physical Development: An Introduction |

1. **Section**: Personal reflection
2. **Section**: The Benefits of an Active Lifestyle
3. **Video**: Physical Development: Introduction
4. **Attachment**: Exploring Online Resources
5. **Attachment**: Planning Activity: Explaining Health Benefits
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LESSON 3

Infants & Toddlers
Supporting Physical Development: Environments and Experiences

1. **Section:** Environments that Support Physical Development
2. **Section:** Features of Environments that Support Physical Development
3. **Section:** Materials within Experiences that Support Physical Development
4. **Tabbed menu:** What I know about their Development
5. **Video:** Physical Development: Outdoor Environments and Experiences
6. **Bulleted List**
7. **Attachment:** Experiences and Materials to Support Physical Development
8. **Attachment:** Outdoor Play

Preschool
Supporting Physical Development: Environments and Experiences

1. **Section:** Embedding Physical Activity in Your Classroom Routine
2. **Section:** Supporting the Physical Development of All Preschoolers
3. **Section:** Promoting Sensory Discovery and Development in Preschool
4. **Video:** Indoor Environments and Experiences
5. **Video:** Exploring Ice
6. **Attachment:** Non-Competitive Games
7. **Attachment:** Reflecting on my Classroom Practice Activity
8. **Attachment:** Resources

School Age
Supporting Physical Development: Environments and Experiences

1. **Section:** Motor Development
2. **Section:** Right Fit Activities
3. **Tabbed menu:** Physical Activities
4. **Video:** Types of Activities
5. **Attachment:** Right Fit Activities
# LESSON 4

## Infants & Toddlers
### Physical Development: An Introduction

1. **Section:** Supporting Physical Development During Daily Routines
2. **Section:** Supporting Physical Development through
3. **Section:** Individualized and Responsive Routines
4. **Video:** Supporting Physical Development During Mealtime
5. **Bulleted List:** Being a responsive caregiver
6. **Attachment:** A Responsive Approach to Blowing Bubbles During Goodbyes
7. **Attachment:** A Responsive Approach to Blowing Bubbles During Goodbyes Answers
8. **Attachment:** Supporting Physical Development During Daily Routines

## Preschool
### Physical Development: An Introduction

1. **Section:** Outdoor Physical Activity in Preschool
2. **Section:** Supporting the Physical Development of All Preschoolers Outdoors
3. **Video:** Outdoor Environments and Experiences
4. **Video:** Having Fun Outdoors!
5. **Attachment:** Adapting Program Activities
6. **Attachment:** Adapting Program Activities Responses
7. **Attachment:** Take it Outside
8. **Attachment:** Community Gardens

## School Age
### Physical Development: An Introduction

1. **Section:** What is Body Image?
2. **Section:** What to Look for
3. **Section:** How to Help
4. **Video:** Supporting School Age Children Through Change
5. **Attachment:** Body Image Resource List
6. **Attachment:** Reflection and Critical Thinking
7. **Attachment:** Goal Setting Activity
8. **Attachment:** Haley’s Goal Worksheet
9. **Attachment:** Blank Goal Worksheet
# LESSON 5

## Infants & Toddlers

Physical Development: An Introduction

1. **Section:** Caring for the caregiver
2. **Section:** Encouraging and Supporting Healthy Physical Development and Activity for Infants, Toddlers and Their Families
3. **Section:** Strategies for Staying Physically Healthy
4. **Video:** Physical Fitness in Infants and Toddlers
5. **Attachment:** Considering Our Responses
6. **Attachment:** Considering Our Responses Answers
7. **Attachment:** Taking Care of Ourselves

## Preschool

Physical Development: An Introduction

1. **Section:** Supporting Family Involvement: Personal and Family Life Skills
2. **Attachment(s):** Physical Activity Benefits
3. **Attachment(s):** Incorporating Physical Activity
4. **Attachment(s):** Keeping Track of Your Physical Activity
5. **Attachment:** Setting Good Examples
6. **Attachment:** Family Activities
7. **Attachment:** Family Calendar
8. **Attachment:** Resources for Families

## School Age

Physical Development: An Introduction

1. **Section:** Personal Reflection
2. **Section:** Providing Motivation and Encouragement
3. **Video:** Encouraging Active Lifestyles
4. **Attachment:** Providing Encouragement for All Children