













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.

LESSON 1

Infants & Toddlers Physical Development: An Introduction	Preschool Physical Development: An Introduction	School Age Physical Development: An Introduction
<div style="text-align: center;">  <p>KNOW</p> </div> <ol style="list-style-type: none"> Section: <i>Importance of Physical Growth and Development</i> Tabbed Menu: <i>How does Physical Development Affect Other Areas of Development for Infants and Toddlers?</i> <div style="text-align: center;">  <p>SEE</p> </div> <ol style="list-style-type: none"> Video: <i>Physical Development – Its Connection to Other Areas of Development</i> <div style="text-align: center;">  <p>DO</p> </div> <ol style="list-style-type: none"> Bulleted List: <i>How to help infants and toddlers develop physically in your program</i> <div style="text-align: center;">  <p>EXPLORE</p> </div> <ol style="list-style-type: none"> Attachment: <i>Supporting Physical Development</i> <div style="text-align: center;">  <p>APPLY</p> </div> <ol style="list-style-type: none"> Attachment: <i>Overcoming Barriers to Being Active</i> 	<div style="text-align: center;">  <p>KNOW</p> </div> <ol style="list-style-type: none"> Video: <i>Movement and Learning in Preschool</i> <div style="text-align: center;">  <p>DO</p> </div> <ol style="list-style-type: none"> Bulleted List: <i>Tips to promote preschoolers' gross- and fine-motor skills</i> <div style="text-align: center;">  <p>EXPLORE</p> </div> <ol style="list-style-type: none"> Attachment: <i>Let's Move! Child Care Physical Activity Checklist Quiz</i> 	<div style="text-align: center;">  <p>KNOW</p> </div> <ol style="list-style-type: none"> Section: <i>Personal reflection</i> Section: <i>The Benefits of an Active Lifestyle</i> <div style="text-align: center;">  <p>SEE</p> </div> <ol style="list-style-type: none"> Video: <i>Physical Development: Introduction</i> <div style="text-align: center;">  <p>EXPLORE</p> </div> <ol style="list-style-type: none"> Attachment: <i>Exploring Online Resources</i> <div style="text-align: center;">  <p>APPLY</p> </div> <ol style="list-style-type: none"> Attachment: <i>Planning Activity: Explaining Health Benefits</i>

LESSON 2

Infants & Toddlers	Preschool	School Age
Physical Development: An Introduction	Physical Development: An Introduction	Physical Development: An Introduction
<p>*Consult Entire Lesson:</p> <p>If you are moving to this track and you have already covered this course in another VLS track, you should still consult this lesson in its entirety because it contains significant, unique content specific to infants and toddlers.</p>	<p>*Consult Entire Lesson:</p> <p>If you are moving to this track and you have already covered this course in another VLS track, you should still consult this lesson in its entirety because it contains significant, unique content specific to preschool children.</p>	<p>*Consult Entire Lesson:</p> <p>If you are moving to this track and you have already covered this course in another VLS track, you should still consult this lesson in its entirety because it contains significant, unique content specific to school-age children.</p>

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. *Your Classroom Routine*
3. **Section:** *Supporting the Physical Development of All Preschoolers*
4. **Section:** *Promoting Sensory Discovery and Development in Preschool*



5. **Video:** *Indoor Environments and Experiences*
6. **Video:** *Exploring Ice*



7. **Attachment:** *Non-Competitive Games*



8. **Attachment:** *Reflecting on my Classroom Practice Activity*



9. **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	Preschool Physical Development: An Introduction	School Age Physical Development: An Introduction
<p style="text-align: center;"> — KNOW —</p> <ol style="list-style-type: none"> Section: <i>Caring for the caregiver</i> Section: <i>Encouraging and Supporting Healthy Physical Development and Activity for Infants, Toddlers and Their Families</i> 	<p style="text-align: center;"> — KNOW —</p> <ol style="list-style-type: none"> Section: <i>Supporting Family Involvement: Personal and Family Life Skills</i> 	<p style="text-align: center;"> — KNOW —</p> <ol style="list-style-type: none"> Section: <i>Personal Reflection</i> Section: <i>Providing Motivation and Encouragement</i>
<p style="text-align: center;"> — DO —</p> <ol style="list-style-type: none"> Section: <i>Strategies for Staying Physically Healthy</i> Video: <i>Physical Fitness in Infants and Toddlers</i> 	<p style="text-align: center;"> — EXPLORE —</p> <ol style="list-style-type: none"> Attachment(s): <i>Physical Activity Benefits</i> Attachment(s): <i>Incorporating Physical Activity</i> Attachment(s): <i>Keeping Track of Your Physical Activity</i> 	<p style="text-align: center;"> — SEE —</p> <ol style="list-style-type: none"> Video: <i>Encouraging Active Lifestyles</i>
<p style="text-align: center;"> — EXPLORE —</p> <ol style="list-style-type: none"> Attachment: <i>Considering Our Responses</i> Attachment: <i>Considering Our Responses Answers</i> 	<p style="text-align: center;"> — APPLY —</p> <ol style="list-style-type: none"> Attachment: <i>Setting Good Examples</i> Attachment: <i>Family Activities</i> Attachment: <i>Family Calendar</i> Attachment: <i>Resources for Families</i> 	<p style="text-align: center;"> — EXPLORE —</p> <ol style="list-style-type: none"> Attachment: <i>Providing Encouragement for All Children</i>
<p style="text-align: center;"> — APPLY —</p> <ol style="list-style-type: none"> Attachment: <i>Taking Care of Ourselves</i> 		