




HEAD START BODY START
NATIONAL CENTER FOR PHYSICAL
DEVELOPMENT AND
OUTDOOR PLAY



**BIRTH
TO
FIVE**



Introduction to Motor
Development






Story of the Sea Squirt

A life without
meaningful movement &
purposeful play ...



= a dwindling mind &
degrading body




I am *moving* I am *learning* #




Mind – Body Connection



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 **Food for Thought**

Value of movement ... *No matter your age*




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 **Stop & Think**


Where did I come from ... *Where am I going?*



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 **Learning Outcomes**

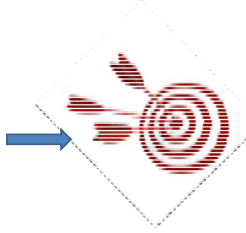
1. Understand key concepts and vocabulary related to motor development.
1. Recognize the implications that these concepts have on movement for children **Birth to Five**.
2. Understand that successful movement opportunities are fostered by manipulation and adaptation.



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Continuum of Movement Development

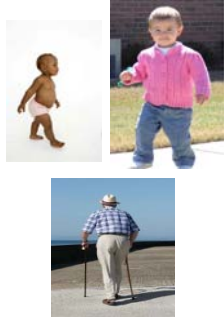
1. Reflexive
2. Spontaneous/Random
3. Rudimentary
4. Fundamental Movement
5. Specialized Movement



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Motor Development is ...

1. Continuous & cumulative
2. Age-related
3. Sequential yet individual
4. Susceptible to stimulation
5. Plastic
6. Holistic & integrated



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Assumptions About Development



Human development is a **continual and cumulative** process from conception through older adulthood.

➤ Continuity versus discontinuity.



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Assumptions About Development

Development is age related but **NOT** age determined.

➤ Maturation versus Development.



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**Activity:
Different
Yet Alike**

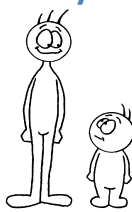


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Universality Versus Variability

Universality = common characteristics

Variability = **d**ifferent characteristics



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Universality – Birth to Five

1. Maturation of central nervous system (CNS)
2. Increased muscular strength and endurance
3. Increased posture and balance
4. Improved sensory processing
 - ✓ Depth perception
 - ✓ Figure ground
 - ✓ Size, shape constancy
 - ✓ Tracking




Table Share

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Variability – Birth to Five

- ✓ Opportunities
- ✓ Experiences
- ✓ Rate and pathway
- ✓ Culturally-based practices
- ✓ Containerized society




Table Share

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Assumptions About Development

Development is sequential but *individual*.

- Pattern of development is fairly predictable = *Sigmoid Curve*.
- Rate & Pathway of development are individual.

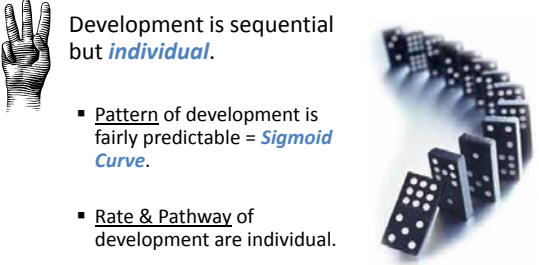
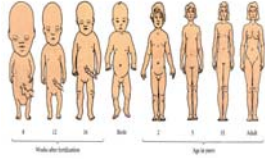


Table Share

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Directional Pattern = Universal

- Top to Bottom
- Inside to Outside
- Gross to Fine



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Assumptions About Development

Development is aided by **positive stimulation**.

- Movement experiences = chief architect of the brain.
- Early experiences completely change an individual's path.

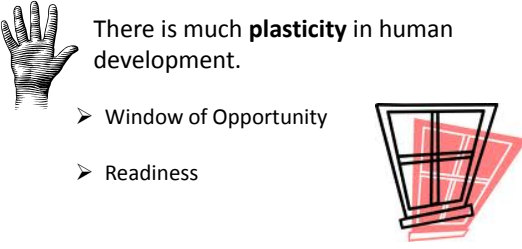


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Assumptions About Development

There is much **plasticity** in human development.

- Window of Opportunity
- Readiness



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Assumptions about Development

6 Development is a **holistic & integrated process.**

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Individual Characteristics

Structural

- ✓ Length/height
- ✓ Weight
- ✓ Hand/foot size
- ✓ Leg length
- ✓ Strength
- ✓ Perceptual capabilities

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Individual Characteristics

Functional

- ✓ Knowledge
- ✓ Arousal
- ✓ Attitude
- ✓ Culture
- ✓ Willingness
- ✓ Disposition, Mood

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Task Characteristics

1. Purpose
2. Goal
3. Equipment
4. Clothing




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Eye on the Prize...



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"This one is just right!"



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Environmental Characteristics

Physical

- Temperature
- Weather
- Humidity
- Terrain



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Environmental Characteristics

Socio/Cultural

- Impact of others beliefs, values, and expectations on the individual:
 - Parents/caregivers
 - Teachers
 - Friends
 - Siblings
 - Community
 - Country



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Keep in mind...

- **EVERYTHING MATTERS**
- **EVERYTHING CHANGES**
- **EVERYTHING INTERACTS**



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 **Caregivers' Role?**

Create Success! 

Affordance = An opportunity for action embedded within an object or environment.

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 **An Affordance in Action**

What would you do with this stool?


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 **Keep in mind...**

Affordances Change




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 **Up we go!**




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 **Time to Reflect**

Development is ...


- ✓ Continuous & cumulative
- ✓ Age-related
- ✓ Sequential yet individual
- ✓ Susceptible to stimulation
- ✓ Plastic
- ✓ Holistic & integrated



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 **Partner Share**

1. **Reflect ...** *What have I learned?*
2. **Identify ...** *What will I use?*
3. **Share & Discuss ...** *How will I use this new knowledge to foster successful movement experiences for children?*



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