I am moving I am learning
A Proactive Approach for Addressing Childhood Obesity in Head Start Children

**Good Morning!
From Your Virtual Trainers**

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**This Is My Body
I'm Going To Treat it Right
My Bones and Muscles
My Heart and My Mind**

**This Is My Body
It's Mine, All Mine
My Arms and My Legs
My Ears and My Eyes**

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Shake Your Boom Boom!

- **Step--Step--Step**
- **Up--Down--Up**
- **Push--Pull--Push**
- **Out--In--Out**
- **Bend--Rise--Bend**
- **Side-to-Side**
- **Back--Front--Back**
- **All Around**

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Child Assessment:
Observing and Evaluating
Motor Skills of Young Children

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**The Uniqueness
of
One!**

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Uniqueness

Within

Sameness

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Describing Childhood Movement Patterns

- **Maturation**

- **Development**

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PRODUCT

- **Performance outcomes**

PROCESS

- **Qualitative changes in technique**

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Observing & Evaluating Movement Patterns

- **Error Perspective?**

- **Developmental Perspective?**

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Observing & Evaluating Motor Skills

- Each child is unique
- Development depends
- Assessment tools and practices should use a developmental perspective
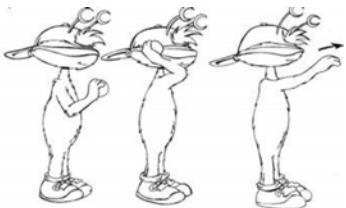- Each skill has its own developmental progression
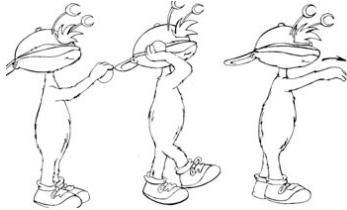
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Throwing

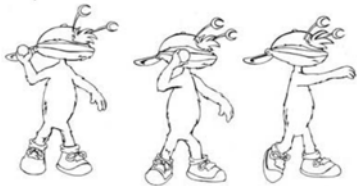I am *moving* I am *learning*

Emerging Throw

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Transitional Throw

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Efficient Throw

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Throwing Summary

- **Throwing has its own progression**
- **Efficient throwing uses both sides of the body AND both sides of the brain**
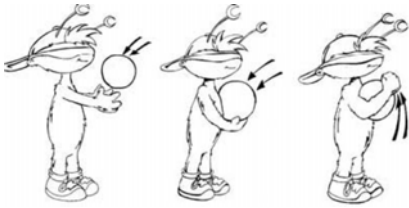- **Throwing requires myelin (maturation) and appropriate facilitation**

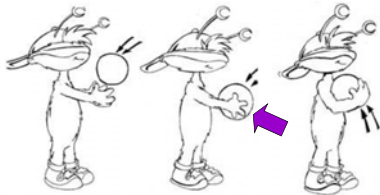I am *moving* I am *learning*

Catching

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Emerging Catch

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Transitional Catch

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Efficient Catch

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Catching Summary

- **Catching has its own progression**
- **Efficient catching requires visual tracking and timing**
- **Catching requires myelin (maturation) and appropriate facilitation**

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Good Teachers Are Good Observers!

- **Maturation is predictable and we are all alike because of it**
- **Development depends…and makes us very different from anyone else**
- **One should evaluate the motor skills of children with a developmental perspective**
- **Each skill should have its own continuum of descriptors**
- **Teachers should celebrate the motor domain!!**

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