



## Preschoolers and Kindergarteners Moving and Learning: A Physical Education Curriculum

By Rae Pica

Redleaf Press, United States, 2014. Paperback. Book Condition: New. 274 x 211 mm. Language: English . Brand New Book. Physical education is a critical part of every early childhood curriculum. Children need to move to channel their energies in creative, beneficial ways and to learn habits for lifelong health and fitness. Preschoolers and Kindergarteners Moving Learning provides 80 developmentally appropriate activities that contribute to a well-rounded curriculum in any classroom or program. The book contains An updated introduction reflecting new research and trends in early childhood health and fitness and information on how movement benefits children s learning and development Twenty lesson plans, each with one body parts activity, one nonlocomotor activity, one locomotor skill experience, and one activity exploring an element of movement, for a total of 80 activities Extension ideas and adaptations to use with children who have special needs Curriculum connections for each activity and explanations about how activities are aligned with and meet early learning standards from NAEYC and NASPE A CD with original music to add joy and energy to the activities.

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