

CHLD 105: Early Childhood Curriculum Development

Physical Activity

Learning Outcomes	2. Describe, explain and apply principles of developmentally, individually and culturally appropriate practice.
DEC Recommended Practices	C15 Recommended practices are used to teach/promote whatever skills are necessary for children to function more completely, competently, adaptively, and independently in the child's natural environment. These skills should include teaching those that maximize participation and membership in home, school, and community environments – including those that are typical or similar to other persons' in that environment. Attention should be given to the breadth and sophistication of the child's skills. PP13 Students learn to apply instructional strategies in natural environments.
NAEYC Standards	4b: Knowing and understanding effective strategies and tools for early education. 4d: Reflecting on their own practice to promote positive outcomes for each child. 5b: Knowing and using the central concepts, inquiry tools, and structures of content areas or academic disciplines.

Physical activity represents an essential component of healthy development and learning for young children. In this assignment you will have an opportunity to implement a physical activity with school-age children. This activity will utilize the Participatory Adult Learning Strategy (PALS) recommended by Center for Early Literacy Learning (CELL).

Planning

1. **Introduction** (by faculty member)
2. **Illustration** (by faculty member modeling the technique)

Application

3. **Practice** (by implementing)
4. **Evaluation** (Write a brief comment describing the consequence or outcome of the application for the children)

Deep Understanding

5. **Reflection** (submit a short self-assessment of the experience and if it met the outcomes that your text book predicted)
6. **Mastery** (repeat the activity and compare your performance and the outcome for the children)

PALS Step 1 & Step 2: To prepare for this assignment:

- Review Chapter 13 in your course text on the Physical Domain

- Your text includes numerous physical activities for you to choose from or go to “*The premier web site for health and physical education*” for additional suggestions for physical activities. Available from: <http://www.pecentral.org/>
- Select a physical development activity that meets the following criteria:
 - The activity can be implemented with a small group of primary-aged children in an afterschool program.
 - The activity can be implemented indoors or outdoors, depending on the weather.
- Use the “**Heartland Community College Lesson Plan Form**” to plan your presentation. Use the “**Heartland Community College Lesson Plan Guidelines**” and “**Heartland Community College Lesson Plan Grading Rubric**” to clarify how you are expected to complete the form.
- Select appropriate Illinois Early Learning Standards for this lesson. These standards are available from Illinois State Board of Education: Division of Early Childhood Education. (2013). Illinois Early Learning Project. Illinois early learning standards. Available from: <http://illinoisearlylearning.org/standards/index.htm>
- Gather any props or materials that you might need and practice it.
- Call and schedule a time with an afterschool program being sure to tell them that your assignment is to **conduct a physical activity** so that you are scheduled during an appropriate time. There are several possible sites that have agreed to let you conduct activities: McLean County Boys and Girls Club, Milestones Early Learning Center and Preschool, and YWCA of McLean County School Age Programs with various sites. You are also welcome to select other afterschool program sites.
- Print the “**Field Experience Verification Form.**”

PALS Step 3: When you arrive at the center:

- Remind the staff of your assignment when you arrive.
- Join the children’s play first so that they become familiar with you.
- Suggest your activity when there is a lull in their play.
- Implement your activity with the children that you are able to get interested.
- Have a staff member sign and date your “**Field Experience Verification Form.**”

After you leave the site, complete the following:

PALS Step 4: Evaluation of the outcomes for children

- Write your Evaluation comments on the back of your Lesson Plan.
- Describe the consequence or outcome of the application for the children.
 - Did you need any adaptations so that all children were able to participate?
 - Did the children seem engaged in the activity?
 - Were the objectives you developed on your Lesson Plan met? In what ways?

- What did you feel were the strengths of your implementation in terms of meeting the objectives?

PALS Step 5: Reflection on your own performance

- Add a short self-assessment of the experience.
 - Did your activity meet the outcomes outlined in your course text?
 - Were all of the children able to participate?
 - If you were able to repeat the activity, what adaptations for individual children would be beneficial?
 - What did you feel could be improved upon?

PALS Step 6: Repeating for Mastery may be possible for this field experience later in the semester.

Submit to your instructor:

- The completed “HCC Lesson Plan Form” that includes the Evaluation and Reflections addressing the above questions.
- The completed “Field Experience Verification Form.”