

The Whole Child



Thinking, Feeling, Moving

Physical Development

- Motor Skill Development
 - Not automatic
 - Practice & instruction required
 - Increased performance level & movement vocabulary
- What happens when movement = competition & elimination?

Sedentary Lifestyles

- 2- to 5-year-olds watching TV 25½ hours/week
- 40% of 5- to 8-year-olds show at least 1 heart disease risk factor
- 1st signs of arteriosclerosis appearing at age 5
- Est. 300,000 deaths/year in US due to low levels of activity & fitness

“Our biological need for movement is ensured by the sensation of pleasure in movement.”

Eva Desca Garnet,
Movement Is Life

“Movement education can help a child to adjust socially & emotionally because it can...permit interrelationships with other children in groups & with a partner. [It] requires a child to be aware of others in [activities] in which he shares space...he has to take turns & to cooperate. He thus develops social awareness & achieves satisfaction through peer relationships & group play.”

Marianne Frostig

Movement Education: Theory & Practice

Social/Emotional Development

- Successful Movement Experiences:
 - Promote self-confidence
 - Enhance self-concept
 - Contribute to poise & self-control
 - Help children learn about themselves & the world around them
- More Cooperation/Less Competition
- Social Issues Addressed

REVISED EDITION

No Contest



The Case Against
Competition

Why we lose in our race to win

Alfie Kohn

“It’s Their World, Too”



“As far as intellectual functioning is concerned, we have generally associated schooling with sitting motionless at a desk for long stretches of time. But mental functioning is connected with bodily expression & dependent upon it. If this necessary cycle is broken, a child’s senses will suffer & he will remain on a lower level of mental & sensory functioning.”

Dian Lynch-Fraser, *Danceplay*



Earliest learning is based on motor development



Body image matters



Movement feeds the brain!



Children need breaks!

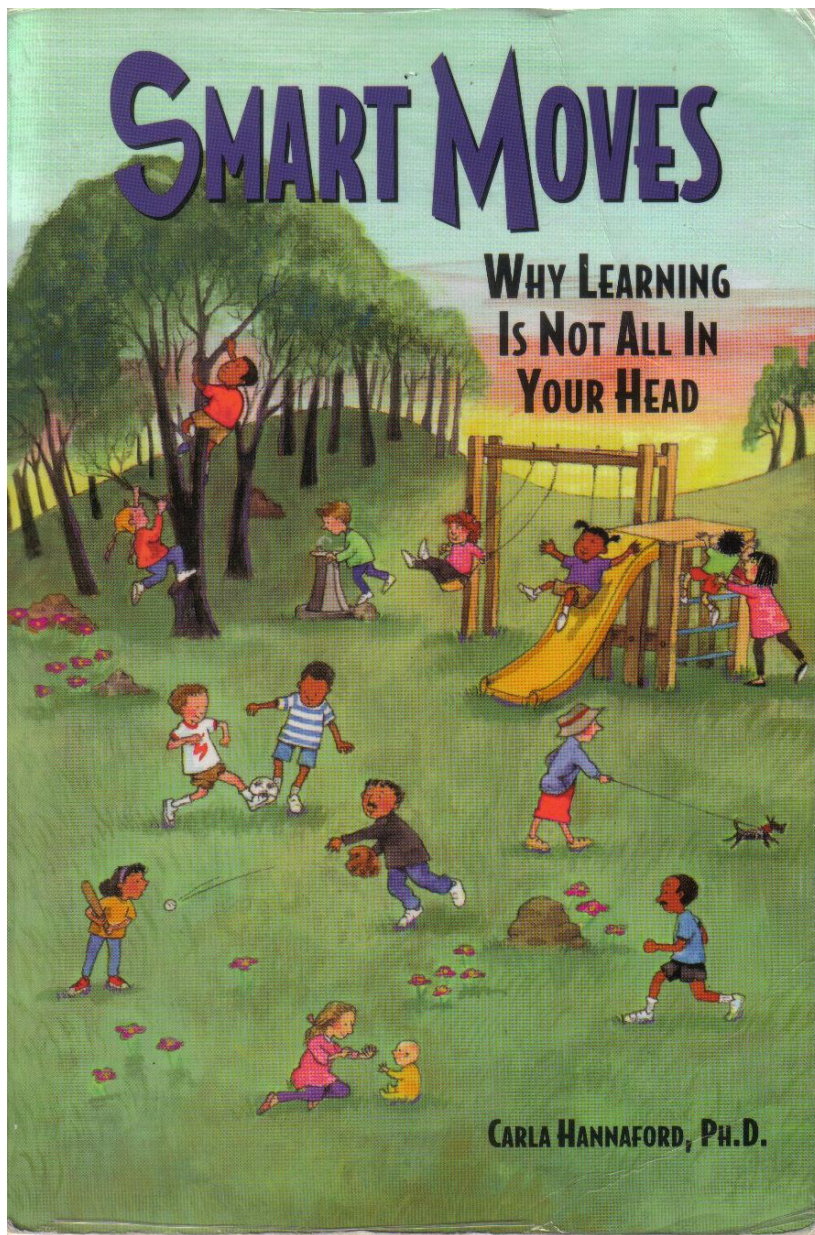


There is a correlation between
body & paper



SMART MOVES

WHY LEARNING
IS NOT ALL IN
YOUR HEAD



CARLA HANNAFORD, Ph.D.

We retain:

- 10% of what we READ
- 20% of what we HEAR
- 30% of what we SEE
- 50% of what we HEAR & SEE
- 70% of what we HEAR, SEE, & SAY
- 90% of what we HEAR, SEE, SAY, & DO!

- Canadian study: Academic scores went *up* when 1/3 of school day devoted to PE
- Canadian study: Children participating in 5 hours of vigorous physical activity/week had stronger academic performances
- Hannaford: Children who spent an extra hour/day exercising did better on exams

“From earliest infancy & throughout our lives, physical movement plays an important role in the creation of nerve cell networks that are actually the essence of learning.”

“Movement activates the neural wiring throughout the body, making the whole body the instrument of learning.”

Carla Hannaford
Smart Moves

“We have spent years & resources struggling to teach people to learn, and yet the standardized achievement test scores go down & illiteracy rises. Could it be that one of the key elements we’ve been missing is simply movement?”

Carla Hannaford
Smart Moves

*How do we
fight back?*



Band Together

- American Association for the Child's Right to Play: www.ipausa.org
- National Association for Sport & PE: www.naspeinfo.org
- National Association for the Education of Young Children: www.naeyc.org

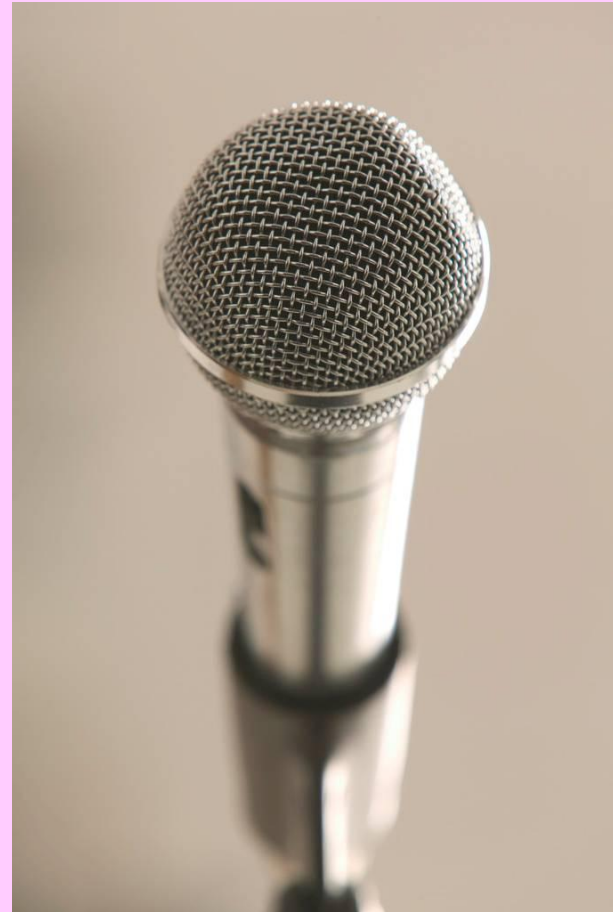
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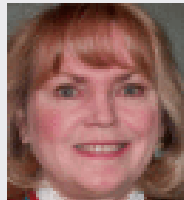




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Professionals Channel



Managing Staff Across Multiple Generations

The typical work space today brings together people from as many as five different generations. The contemporary generation gap is much wider and much more complex. This segment provides much needed management guidance.

Parents Channel



Fran Debbie R.
Debra H. Gina

Teaching Sex Education in Kindergarten

Is it developmentally appropriate to begin educating children about their bodies in Kindergarten? What are these early sex education curricula about? What are the relevant issues that need to be considered?

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“I look upon joy as
the most
powerful of all
mental stimuli.”

Jaques-Dalcroze



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