

PHYSICAL EDUCATION FROM BIRTH TO TEN YEARS

Classification According to:

1. Relating of Body Parts, 3 months to 2 1/2 years.
 - (Coordinating trunk skeleton.
Establishing secondary curves.
 - (Coordinating arms and legs.
Big muscle movements.

2. Movements of Body in space, 2 1/2 to 4 1/2 years.
 - (Movement of body
 - When on plane of easiest support.
 - When on plane of semi-difficult support.
 - When on plane of difficult support.

3. Mastery of Materials, 5 to 9 years.
 - (Materials
 - That encourage good positions
Pushed about.
 - That fasten to body (balance and push)
 - That involve holding, pulling, lifting,
carrying.

RELATING OF BODY PARTS - 3 MONTHS TO 2½ YEARS

Activities { Squirring, wriggling, crying.
Waving arms, kicking legs, lifting head.
Turning body over — pleasurable rolling.
Pleasurable creeping, crawling, sitting, standing.

Environment { What constitutes suitable space for activities?
" " sufficient time " "
" " proper dress " "
" " correct handling by adult?
" " overstimulation.

Abilities { Should enjoy all body motions.
Should enjoy lying on floor and moving in relaxed manner.
Should enjoy creeping on hands and knees — crawling on hands and feet.
Should go upstairs on hands and knees — hands and feet.
Should squat — sit between heels.

MOVEMENTS OF BODY IN SPACE — 2½ to 4½ YEARS

Activities

Purposive rolling — crawling backward and forward.
Sitting between heels — squatting — knees flexed —
legs straight — crossed
Walking forward — backward.
Climbing — running — jumping — swimming —
skipping.

Environment

Necessity for previous age activities.
How carry on " " "
Play built around " " "
How arrange play of more difficult coordination.
What materials to master first.

Abilities

Go up low stairs alternately without taking
hold of rail.
Sit in chair with ease — back erect — legs
relaxed — feet in front of chair.
Stand for short periods without fatigue with
straight front and back lines.

MASTERY OF MATERIALS

Materials
favoring
easier planes
of support

(Sandpile - tunnel toy

Materials
pushed about

(right size boxes - blocks - kegs

(favoring
centering
action)

(kiddie car - tricycle - bicycle

(swing - seesaw - rocky boat

(football - basketball - soccer

Materials
that fasten
to body

(skating - skiing - snowshoeing

(balance
and push)

Materials
that involve
holding-pulling

(handballs - carts - sleds - swings

(ball club - tennis and squash racket

(favoring
excentering
action)

(card games - small blocks

(small dolls - clay (?) - paint brush - pencil

Materials
favoring
deep breathing

(wind instruments

Abilities

(hang as a sea weight - relax when falling

(some proficiency in tumbling - acrobatics - stunts

MASTERING OF MATERIALS - 5 to 9 YEARS

Abilities

- (Move legs with crouch muscles in active play
- (Hang as a dead weight
- (Maintain good sitting position while using materials
- (Maintain good standing position while using materials
- (Relax when falling
- (Same proficiency in tumbling - cartwheels - head stands