



Toddlers Moving and Learning: A Physical Education Curriculum (Moving & Learning)

Rae Pica

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More than 50 movement activities for toddlers

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. *Toddlers Moving & Learning* provides more than 50 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

Fourteen 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 56 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 AAHPERD

Original music to add joy and energy to the activities



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