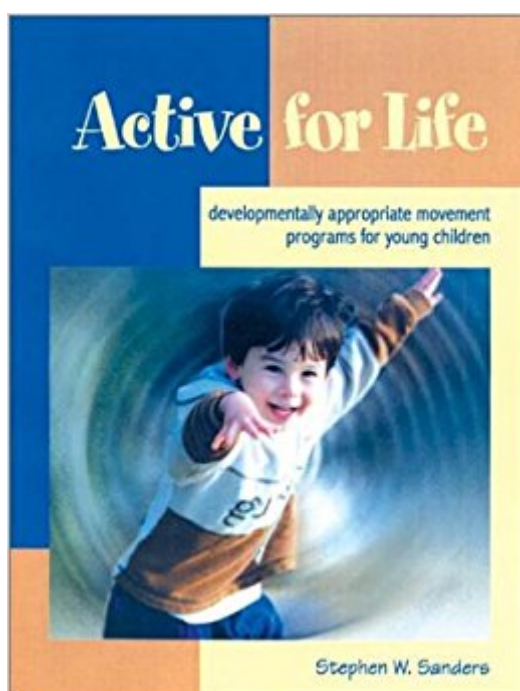


The book was found

Active For Life: Developmentally Appropriate Movement Programs For Young Children



Synopsis

Most young children love vigorous physical activity, but research shows that they may not continue to be active throughout childhood and beyond if they lack a foundation of skills. Early childhood educators need to ensure children's learning of the physical skills as well as movement concepts necessary to start them toward active and healthy lives. This book provides guidance on what high-quality movement programs should include: environments designed for young children, effective curriculum components, developmental approaches to teaching, planned assessment, and more. Unlocking children's movement potential will inspire a love of physical activity for years to come.

Book Information

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Customer Reviews

Stephen Sanders, EdD, is the chair of the department of health and physical education at the Tennessee Technological University in Cookeville, Tennessee. Dr. Sanders was also an associate professor at the University of Memphis and Auburn University. He began his career teaching physical education in middle and high schools in Indiana and Georgia. He also was the president and owner of the Children's Movement Center in Marietta, Georgia, a preschool physical education program for children 6 months to 6 years of age, with an enrollment of 1,500 children. Dr. Sanders has consulted and published extensively on preschool movement programs. He was the editor of the Journal of Teaching Elementary Physical Education (TEPE) for three years as well as the Preschool Section managing editor for PE Central, a prominent Web site for physical education

teachers. He is a member of the American Alliance for Health, Physical Education, Recreation and Dance and the National Association for the Education of Young Children.

As a gym teacher for infants through Kindergarten age children, this book gave me some concrete ideas of what might or might not work with children of differing developmental ages. This book will also help parents to have realistic expectations for their own child's physical abilities.

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