



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

Rae Pica

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A complete movement curriculum for toddlers

Toddlers need—and love—to move! Young children are ready to use their muscles and minds as they stretch, dance, wiggle, explore, and learn. This physical education program incorporates more than 50 developmentally appropriate activities designed to help toddlers channel their energy in creative, beneficial ways as they develop habits that encourage lifelong health and fitness and success in all areas of learning.

Everything you need to get started is here, including:

An introduction to implementing physical education into your curriculum

An explanation of the ways creative movement supports children's physical, social/emotional, cognitive, and creative development

Tips to create a positive learning environment, suggestions for adding equipment to activities, simple questions to evaluate whether or not the children are meeting the activity's objective, and information on how the activities meet early learning standards outlined by NAEYC and AAHPERD

Fourteen lesson plans with four 30-minute activities per plan—plus extensions and adaptations for children with special needs

Curriculum Connectors that identify each activity's correlation with content learning areas

A CD filled with original music to add joy and energy to the activities

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