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**UNIT:** Growth and Development

**LESSON:** Preschoolers--Physical

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**COMPETENCIES:**

1. Identify the physical development in preschoolers. (Options 2, 3, 4, 5, and 6)
  2. Develop age-appropriate activities for physical development in preschoolers. (Options 3, 7, and 8)
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**OVERVIEW/SUMMARY:**

Preschool children are growing rapidly. Their heads are more in proportion with their bodies and their coordination is improving. It is important that adults provide them with toys and equipment to develop both large and small muscles.

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**MOTIVATOR:**

Here's a riddle for those of you who enjoy math. On the transparency **PHYSICAL DEVELOPMENT OF THE PRESCHOOLER**, you see the physical development of a preschooler. Answer the questions at the bottom of the transparency as if this growth pattern would continue for the next ten years.

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**LESSON OPTIONS/SUPPLIES:**

**OPTION 1**

**BOOK:** Imogene's Antlers or The Napping House.

**OPTION 2--Competency 1-CDA VIII, ECD**

**HEIGHT AND WEIGHT:** Using the transparency, "Average Height and Weight of Preschool Children," discuss the height and weight averages of preschool age children. Explain how their bodies are in much better proportion. This allows the preschooler to do a great deal of activities with greater skill. Preschoolers have lost most of their baby fat. Use the teacher information "Muscle Development" to discuss the small (fine) and large (gross) muscle development. Have the students complete the "Preschooler Physical Development Observation."

**OPTION 3--Competencies 1 and 2 -CDA VIII, ECD**

**STUDY GUIDE:** Have the students complete the "Preschooler Physical Development Study Guide," using their text as a reference.

**OPTION 4--Competency 1-CDA I, 2-Health**

**SLEEP:** Discuss the sleeping needs of the preschooler and the concept of quiet times.

**OPTION 5--Competency 1-CDA I, 2-Health**

**ENURESIS:** Discuss enuresis (which is the inability to control wetting or having accidents). Emphasize the fact that children with enuresis cannot control their elimination and should NOT be punished or made fun of. Rather, they need individual help!

**OPTION 6--Competency 1-CDA I, 2-Nutrition**

**NUTRITION:** Briefly review the nutritional needs of preschoolers as well as ways to make food look attractive. Refer to Health and Wellness--Nutrition, Option 5 or 6, for additional information.

**OPTION 7--Competency 2**

**PUPPETS:** Discuss puppets and their uses. Have the students complete the puppet project. You may wish to eliminate the use of sack puppets and flimsy stick puppets because most students have made them previously. **TEACHER NOTE:** An easy option here is to bring a bag of old leftover socks and a box of buttons. Let students make a simple sock puppet and practice making up stories and telling them to one another.

**OPTION 8--Competency 2**

**LACING CARDS:** Have the students design and make a set of lacing cards for preschool-age children.