

ENVIRONMENT



DIVING INTO DEC RECOMMENDED PRACTICES

E6: PRACTITIONERS CREATE ENVIRONMENTS THAT PROVIDE OPPORTUNITIES FOR MOVEMENT AND REGULAR PHYSICAL ACTIVITY TO MAINTAIN OR IMPROVE FITNESS, WELLNESS, AND DEVELOPMENT ACROSS DOMAINS.



BREAKING IT DOWN

MAIN IDEA

ENCOURAGING MOVEMENT AND PHYSICAL ACTIVITY IN CHILDREN PROMOTES HEALTHY DEVELOPMENT IN ALL DOMAINS.

EXAMPLE

AN EARLY CHILDHOOD TEACHER INCORPORATES MOVEMENT AND PHYSICAL ACTIVITIES INTO HIS PRESCHOOL CLASSROOM'S DAILY ROUTINES. FOR EXAMPLE, EACH DAY CHILDREN CHOOSE A MOVEMENT OR STRETCH AND THE NUMBER OF THE MONTH DETERMINES HOW MANY MOVEMENTS THE CHILDREN COMPLETE TOGETHER DURING CIRCLE TIME.



PUTTING IT INTO PRACTICE

ENVIRONMENTAL ARRANGEMENTS FOR THE TODDLER CLASS



- ARE THERE OPEN AREAS FOR ACTIVE PLAY?
- IS THERE AMPLE SPACE FOR EACH CHILD TO ENGAGE IN ACTIVITIES SUCH AS WALKING, RUNNING, CLIMBING, AND THROWING BALLS DURING OUTDOOR PLAYTIME?
- IS EACH CHILD ABLE TO REACH AND USE PLAY MATERIALS AND EQUIPMENT INDEPENDENTLY?
- PROVIDE A VARIETY OF PLAY MATERIALS THAT WILL ENCOURAGE PHYSICAL ACTIVITY.
- ARE CLASSROOM LEARNING CENTERS AND PLAYGROUND EQUIPMENT INCLUSIVE OF ALL CHILDREN'S PHYSICAL NEEDS AND CAPABILITIES?
- PROVIDE REGULARLY SCHEDULED TIME FOR ACTIVE PLAY, BOTH INDOORS AND OUTDOORS!
- USE A PHYSICAL ACTIVITY TO SUPPORT CHILDREN IN TRANSITIONING FROM ONE ACTIVITY TO ANOTHER.



PUTTING IT INTO PRACTICE

PRESCHOOLERS ON THE GO!



- USE MUSIC AND RHYME TO ENCOURAGE PHYSICAL MOVEMENT AND EXERCISE.
- KEEP CHILDREN ENGAGED IN AN ACTIVITY BY ALLOWING THEM OPPORTUNITIES TO MOVE!
- ARE THERE SONGS OR FINGER PLAYS THAT COULD BE USED TO ENGAGE CHILDREN IN LOTS OF MOVEMENT WHILE THEY WAIT FOR AN ACTIVITY?



RESOURCES

[DEC RECOMMENDED PRACTICES](#)

[BARTON LAB RESOURCES FOR
PRACTITIONERS](#)

[ECTA PRACTICE IMPROVEMENT
TOOLS](#)

[UNIVERSAL DESIGN FOR
LEARNING](#)