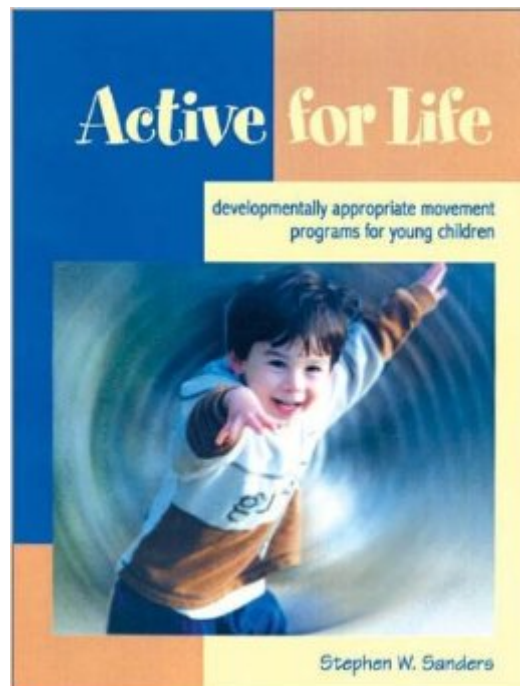


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# Active For Life: Developmentally Appropriate Movement Programs For Young Children



## 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

Paperback: 128 pages

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #852,908 in Books (See Top 100 in Books) #104 in [Books > Sports & Outdoors > Individual Sports > Fencing](#) #2184 in [Books > Education & Teaching > Schools & Teaching > Early Childhood Education](#) #14102 in [Books > Education & Teaching > Schools & Teaching > Education Theory](#)

## Customer Reviews

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.

awesome

okay

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