

# Advanced physical and intellectual competence

[Sport & Tourism](#), [Fitness](#)



I recognize the advancing children physical and intellectual competence by creating learning experiences that stimulates physical, cognitive, communicative and creative growth. To advance physical and intellectual competence it is essential to the growth and development of every child to advance their physical and intellectual needs. There are numerous ways to encourage this type of development. Children are encouraged to participate in daily large motor activities to enhance physical development. One activity that they enjoy is dance children naturally love music and there's nothing better to get their little bodies moving and shaking.

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\n One easiest ways to incorporate physically activity into both you lives is pick a few random songs at intervals throughout the day and just dance like crazy. Even just two or three song quickly add up a 10 minutes session, which is just right for your preschool aged children's attention p. If you're looking for more ways to explore dance which your preschool aged children, think back to silly songs and nursery rhymes of your own childhood and share those. I help children develop cognitive skills by encouraging them to hypothesize and think things out.\n

For example the main aspects for cognitive growth can be fostered with daily activities such as stacking, sorting, observing and learning cause and effect. Coming up with cognitive activities is very easy. You can sort blocks, arranging them by size and color. You can stack object - books are great for this, you can have a treasure hunt too! For this all you need is a short and <https://assignbuster.com/advanced-physical-and-intellectual-competence/>

easy set of objects and a magnifying glass. I allow exploration to your children's cognitive development. In my center I help children learn, understand, and use words to communicate. One lesson that is especially effective in developing communication skill is music.

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Music is a great way to encourage language development. You can find a sort of preschool age songs online can help you in this area. You can also use I spy, and question and answer games. Anything that involves word development is good activities since children love to ask you questions. A strength of this lesson is that it incorporate children who are English as second language learners and need a good mix of repetition and new material. By incorporating songs, asking daily short conversation, quick simple things repeated daily and practice basic vocabulary every day, children will understand the lessons.

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Creativity is fostered throughout our classroom. Children have access to, an area and are encouraged to use various art supplies to create their own artwork. Paint, markers, pencils, crayons, oil pastels, and paper are readily available for children to freely explore. An activity I love to do where children use their imagination is designing butterflies. They combine different bodies and wings to design their own butterflies; then animate them in one of several beautiful scenes. Another example is drawing a mural. They explore line, shape, and space while arranging decorative tiles into an abstract picture.

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