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Healthy Development of Physical Skills



Students learn new skills – like running, catching, and throwing only when their bodies are ready. This means when they are strong enough to do the activity, and when the brain and nerves are developed enough to send the right messages to the right muscles. All of this takes time, and this neurological and muscular development can not be rushed.

A student who takes longer in learning to throw or catch may be quick to learn how to strike a ball with a bat. Every student's learning timetable is unique.



Things to Remember

Educators are pivotal in the healthy development of physical skills in the students they work with. Providing students with active, adult role models, encouragement, and the opportunity to safely explore their physical environment will help all students, including those with diverse abilities, to develop their physical abilities.

Students also need a safe and stimulating environment in which they can take part in both structured and unstructured physical activity. Engaging in these environments and physical activities with fellow students will help to build social connections.

Access to a wide range of equipment such as many different size balls, bats, beanbags, etc. will help keep activity interesting.

Remember that many short periods of vigorous play per day are best. For optimum development, students may benefit from the opportunity to be active every hour or so.

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