



Key Developmental Indicators (KDIS) Physical Development & Health

What is HighScope?

HighScope is a well-established approach to early childhood education and care which is underpinned by development and learning theory and by long term research. It is an approach that identifies and builds on children's interests and abilities and is used internationally in a variety of settings.

What is the Physical Development and Health Course?

While healthy bodies grow and develop on their own, children need the support of adults to develop their physical abilities to the fullest and learn healthy ways of living. Adults support learning in this area by providing children with opportunities to exercise their large and small muscles in purposeful ways and by encouraging personal care skills and healthful behaviors.

This course based on the above publication focuses on the five key developmental indicators (KDI) in Physical Development and Health:

- Gross-motor skills
- Fine-motor skills
- Body awareness
- Personal care
- Healthy behavior

The course gives an opportunity for participants to:

- Identify the physical development and health Key developmental indicators.
- State the components of each of the individual physical development and health Key Developmental Indicators.
- Identify and use strategies to support children's physical development

Who is the course for?

The half-day course is designed for early year's practitioners who support young children in preschool settings and will offer an opportunity for sharing of research and theory, discussions and active group work experiences.

Publications relating to the course will be included as part of the course