

Physical Education

- The activity of "pushing an object around" helps the 1-year-old student to develop gross motor skills by engaging in physical movement and manipulation of objects.
- Through this activity, the student learns about spatial awareness and coordination as they navigate the object around obstacles or towards a specific target.
- Pushing an object also introduces the concept of cause and effect, as the student realizes that their actions can make the object move in a certain direction.
- Additionally, this activity promotes muscle strength and endurance as the student exerts physical effort to push and maneuver the object.

Encourage continued development by incorporating different types of objects for pushing, such as toy cars, boxes, or even lightweight furniture (under supervision). This will enhance the student's exploration of varied textures and resistances while pushing objects, expanding their sensory experiences. Use positive reinforcement and praise to motivate the child to continue learning through play and exploration.

Book Recommendations

- ["Push, Pull, Empty, Full: A Book of Opposites"](#) by Rhonda Gowler Greene: This interactive book introduces concepts of pushing and pulling through colorful illustrations and simple text, making it suitable for young children to understand the basic idea of pushing objects around.
- ["Things That Go"](#) by Sara Pistoia: This board book features various moving objects, including those that can be pushed, and can help reinforce the idea of pushing objects in a fun and engaging way for 1-year-old students.

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