

Core Skills Analysis

Physical Education

- The student developed core strength and balance while actively engaging in the seesaw activity.
- By taking turns with a peer on the seesaw, the student learned about cooperation and social skills.
- The student enhanced their proprioception and body awareness by adapting their movements to maintain equilibrium on the seesaw.
- Through spontaneous play on the seesaw, the student improved their gross motor skills and coordination.

Tips

To continue fostering physical development through play, consider introducing other playground equipment that promotes balance and coordination, such as monkey bars or a balance beam. Encourage group activities that involve teamwork, like relay races or group obstacle courses. Additionally, provide ample opportunities for free play to allow children to explore and experiment with their physical abilities in a safe and supervised environment.

Book Recommendations

- [Seesaw, Up and Down](#) by Jennifer Boothroyd: Follow a group of children as they explore the concept of balance using a seesaw.
- [Let's Play at the Playground](#) by Joan Holub: Join the fun at the playground and experience different play equipment, including a seesaw.
- [Move Your Body: My First Gymnastics Class](#) by Becky Sauer: Delve into the world of gymnastics through the eyes of a young child attending their first class.