

Physical Education

- The child has developed their gross motor skills by standing, moving around, and reaching for dishes while washing them.
- They have improved their coordination and balance by handling dishes carefully and avoiding dropping them.
- Washing dishes involves repetitive motions, which can help improve muscular endurance and strength.
- The child has learned about the importance of maintaining good hygiene and cleanliness while washing dishes.

Encourage the child to continue developing their physical education skills through activities such as gardening or cleaning their room. These activities require movement, coordination, and balance, which will further enhance their gross motor skills. Additionally, engaging in sports or physical games can help improve their muscular endurance and strength.

Book Recommendations

- [The Magic School Bus Plays Ball](#) by Samantha Brooke: This book combines physical education with science as the characters play different sports and learn about the principles of motion and force.
- [The Berenstain Bears and Too Much Junk Food](#) by Stan and Jan Berenstain: While not directly related to washing dishes, this book teaches children about the importance of healthy eating habits, which is an essential aspect of physical education.
- [Pinkalicious and the Sick Day](#) by Victoria Kann: This book addresses the concept of rest and recovery, emphasizing the importance of taking care of one's body after physical activities.

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