

Rolling, Spinning, Jumping, and Running: Embracing Big Body Movement and Development

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Physical Development

Gross Motor Development

The Key to Understanding

Vestibular Function

Proprioception

Rolling, Spinning, Jumping, Running, Twisting, Bending, Wiggling, and Shaking

Trunk, Shoulder, and Core Stability

Range of Motion

Vestibular and Proprioception

Physical Experiences and School Readiness

Inclusion

Provide space

Child Guided Experiences

Allow time

Gross Motor Development Center

Outdoor Gross Motor Experiences

Risky Movement

Rough and Tumble Play

Facial Expressions
Willingness to Participate
Willingness to return and extend play

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