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Fine and gross motor (physical domain)

Kathy R. Doody Ph.D.

Buffalo State College, doodykr@buffalostate.edu

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**Sesame Street Seminar –
Fine and gross motor (physical domain)**

Kathy R. Doody
Associate Professor
Exceptional Education
SUNY Buffalo State

RATIONALE:

This module will provide an overview of the physical domain in early childhood, specifically, fine motor (small muscles such as those found in the hands and fingers) and gross motor (large muscles such as those found in arms, legs, and core) and its development. The module will also provide insight into how Sesame Street has stressed the importance of physical activity to young children, as well as how they have provided age appropriate activities, songs, and video segments to teach fine and gross motor skill development.

CLASS MODULE:

This module can be used for courses like, Developmental Psychology, Introduction to Special Education, Early Childhood Development, Typical and Atypical Development, Partnering with Families, Collaboration and Teaming, Developmental Lifespan, etc. This module would probably be used for an upper level undergraduate and graduate class in psychology or as part of an early childhood education certification program, as a seminar.

POTENTIAL FORMAT:

This module can be modified for use in an online, hybrid, or face-to-face class format.

TOPICAL READINGS:

Associations between gross motor skills and cognitive development in toddlers:

https://www.sciencedirect.com/science/article/pii/S0378378218307461?casa_token=J7aWnh3DGrgA AAAA:xsKDEIn-tooXwPpAsdrovKnW3Uyo1WyZYPXOTb8HHnbUvfgyAxOwYkUv4hs5j4Tg1TyDgew7Sw

Five Ways Sesame Street Changed the World

<https://www.vox.com/2014/11/17/7228353/sesame-street-changed-world>

Motor Development in young children

Goodway, J. D., Ozmun, J. C., & Gallahue, D. L. (2012). Motor Development in young children. In O. N. Saracho, & B. Spodek (Eds.), *Handbook of research on the education of young children* (3rd ed.). Routledge. Credo Reference:

https://proxy.buffalostate.edu:2443/login?url=https://search.credoreference.com/content/entry/routsmc/h/motor_development_in_young_children/0?institutionId=2571

The role of early fine and gross motor development on later motor and cognitive ability, *Human Movement Science*, Volume 27, Issue 5, 2008, Pages 668-681, ISSN 0167-9457,

<https://doi.org/10.1016/j.humov.2007.11.002>

VIDEO CLIPS:

Elmo's Pretend School – Full Episode

Shake Your Rattle and Roll (Exercise to keep you healthy) start at 22.48 mark (3.04 minutes)

<https://www.youtube.com/watch?v=4c--xBAAMEI>

Sesame Street: Ready For School Compilation with Elmo and Friends – Full Episode

Usher The ABCs of Moving You – start at 2:46 mark (gross motor) (2.19 minutes)

Musical Goodbye song – start at 15.29 mark (gross motor) (1.11 minutes)

<https://www.youtube.com/watch?v=dqEq49gxRgU>

Classic Sesame Street: Learning to Walk (gross motor) (1.25 minutes)

<https://www.youtube.com/watch?v=Bk3ZimvUrb0>

Sesame Street: Grover's Workout Video (gross motor) (2.33 minutes)

<https://youtu.be/sl86AqV0bvs>

Sesame Street: Kermit Talks About Hands (fine motor) (2.14 minutes)

https://www.youtube.com/watch?v=EGO7_2n9a2I

Teeth Brushing with Elmo (fine motor) (1.30 minutes)

<https://www.youtube.com/watch?v=XFCzM0wXTp8>

Sesame Street: Ernie's Eating Utensils (fine motor) (2.12 minutes)

<https://www.youtube.com/watch?v=OkqXr10Us2c>

ACTIVITIES:

Enhance an article: read the article “Five Ways Sesame Street Changed the World”. We are going to add to this article and entitle it “Eight Ways Sesame Street Changed the World”. Individually, or in small groups, add additional sections with supporting narrative to this article. Additional section headings include: (6) *Sesame Street* encouraged children to get up and move; (7) *Sesame Street* taught fine motor skills; and (8) *Sesame Street* developed adaptive/physical skills for early childhood development.

Create hallway activities for physical development: Movement and exercise are more engaging when they are framed in play. You may have all seen videos on social media depicting fun hallway activities designed to encourage gross and fine motor participation as well as movement breaks. You will create your own set of hallway activities with a narrative describing the value of each one and why it is an effective way to develop skills within the physical domain. Feel free to describe your obstacle course using written descriptions, pictures, and diagrams to showcase your design and guide your reader in the recreation process. Remember to include bending, stretching, jumping, reaching, pointing, tapping, spinning, walking, running, etc. Also remember to include activities that can be modified for any child with sensory, movement or ambulation issues. Here is a video that demonstrates one such hallway activity (5.20 minutes) https://www.youtube.com/watch?v=y_JCmLI2pW0

Teach a fine motor skill: Watch the non-Sesame Street video called “3 easy activities to teach your youngster how to hold a pencil” (4.27 minutes)

<https://www.youtube.com/watch?v=eq1hlbitwEs>

Create your own video teaching a young child to acquire the following skills:

- Hand washing
- Zippering (engaging and pulling up, pulling down and disengaging)
- Buttoning (button threaded through buttonhole)
- Cutting on a line
- Scooping with a spoon
- Piercing with a fork

Finger Plays: Read the blog post entitled “How to Incorporate Finger Plays at Preschool and Why” found at <https://www.youclevermonkey.com/2014/11/finger-plays-and-action-songs.html> Then create your own finger plays for young children, remembering that finger plays should be set to a song (which preferably rhymes) and requires the child to use both their left and right hands while crossing their midline. There are *many* examples of finger plays for young children readily available to view for inspiration. Here is one example:

<https://www.youtube.com/watch?v=ZxRGVL0zaFo>

SUPPLEMENTAL RESOURCES:

Sesame Street: Every Day is a Healthy Day

https://static.pbslearningmedia.org/media/media_files/53975958-d105-480e-bc17-f343ed49384e.pdf

Sesame Street: We Have the Moves!

<http://healthysd.gov/wp-content/uploads/2014/12/sesame-we-have-moves.pdf>