

# Curriculum for Early Childhood Care and Education: Health I

Syllabus Number

ESS-203

Elective

2 credit

NAMIKOSHI, Itsuki

## 1. Course Description

Complying with the content of the Japanese child care and kindergarten education curriculum, we examine the content studied in Curriculum for Early Childhood Care and Education: Health I, as well as the skills child care workers require in the workplace through practice child care exercises (practical skills). By planning, carrying out and assessing basic exercise activities (walking, running, hopping, forward rolling, throwing) and exercise activities which cultivate mental and social aptitude, we will learn how to deliver ever better activities.