

Summary of alignment between *ABC Music & Me* Laugh and Learn and Head Start's *I Am Moving/I Am Learning* framework:

I Am Moving/I Am Learning framework:	<i>ABC Music & Me Laugh and Learn:</i>
Enhance and augment the existing curriculum approach with a renewed focus on gross motor skills and physical activity in the <i>Head Start Child Outcomes</i>	<i>Gross motor activities such as dancing, jumping, hopping, are carefully included several times in each lesson. (See Laugh & Learn Head Start alignment.)</i>
Educate staff and parents that preschool fitness happens as a by-product of children's movement instruction and play, or what they do during structured movement and unstructured play	<i>Our implementation staff educates teachers on how fitness is built right into each lesson. Our home materials encourage parents to do a variety of both structured and unstructured activities to provide more fitness in their child's life. Our music & movement activities are fun, playful, and engaging and make it easy for parents to share the learning with their child.</i>
Encourage children to move with more intensity in short bursts or increments of time during both indoor and outdoor routines	<i>Short bursts of energy are required by the "Fast/slow" "Up/down" activities that are included in lessons to teach children these concepts. Deliberate pacing is used to ensure that students go from quiet to mildly active, to very active and then back again.</i>
Promote structured movement experiences to build on each child's progress with movement skills throughout the day	<i>The Laugh & Learn curriculum is a series of "structured movement experiences." This goal is at the heart of what our curriculum is. Gross and fine motor movements encourage students' learning. Teachers will have hundreds of activities at their fingertips. These can be integrated throughout the day. The implementation staff trains teachers on how to use these activities throughout the school day.</i>
Provide frequent practice for children to develop competence in movement skills while at Head Start and at home.	<i>Students get frequent exposure to dancing, jumping, hopping, galloping, twisting, running, rocking, swinging arms, and clapping. Examples of pretend play opportunities are plentiful. The students are asked to "ride a bike", "row a boat" and while learning about weather, children pretend to ice skate using paper plates as ice skates. The home program allows parents an easy way to continue the learning at home.</i>