

**IMPORTANCE OF PHYSICAL DEVELOPMENT FOR E.C.D CHILDREN IN
GARISSA TOWNSHIP LOCATION, GARISSA COUNTY , KENYA**

BY

ELIZABETH MUNYEKE

BEDA/000513/3122/18638

**A RESEARCH PROPOSAL SUBMITTED IN PARTIAL FULFILLMENT OF THE
REQUIREMENTS FOR THE AWARD OF BACHELOR OF EDUCATION DEGREE
(BED Arts) OF MT. KENYA UNIVERSITY**

OCTOBER, 2015

ABSTRACT

Studies in early childhood development and education are very important in physical development of children aged 4 – 5 years. This is the reason why the researcher finds it essential to research on this area. The greatest problem of the study is that lack of feeding programmes in some of our ECDE centers has led to numerous shortcomings. The purpose of this study is to investigate the importance of physical development for ECD children in Garissa Township Location, Garissa County. The study sampled ECD centres in the location using random technique. Out of eighteen centres in the zone, four centers will be selected. From the selected pre-schools, the researcher targets teachers, children and parents as respondents. Data will be collected using questionnaires for ECD teachers, observation check lists for the children and interview schedules for the parents. The collected data will be analyzed using both descriptive and statistical methods. The research will be carried out in four schools within their ECD centres. All the schools has two ECD teachers each who will be under the care of the young children. Generally for the importance of physical development for ECD children aged 4 – 5 years, the quality of nutrition offered to them should be good enough to enable the children to have physical development. The food should be well balanced and adequate diet for the children.. The researcher also has found out those children who are underfed and malnourished have significant underdevelopment in the aspect of physical development. Children who are not properly fed have high chances of contracting illnesses and diseases. This makes their bodies to be very weak and delays their cognitive development.