

Get Your Motor Running!

Movement, Play and Physical Activity for Every Body



Playing is Learning!

DESCRIPTION:

Join in cooperative group games and use simple equipment to increase moderate to vigorous physical activity, refine motor skills, and improve coordination for all children. Learn how to make inexpensive materials and play props for inside and outside play. Discover how to integrate movement and physical activity across the curriculum while supporting literacy, math, science and children's social and emotional development.

OBJECTIVES/LEARNING OUTCOMES:

- Learn developmentally appropriate movement activities that help children build a foundation of basic motor skills and improve overall health, coordination, and self-confidence.
- Understand and apply what is known from research about the brain and its connection to movement, food, and cognitive development.
- Identify physical activity guidelines for young children.
- Learn how to intentionally plan and facilitate movement learning environments and curriculum that engage children's participation for 30 to 60 minutes daily of structured physical activity and 30 to 60 minutes daily of unstructured physical activity.
- Explain how to integrate physical activity throughout the day in other curricular areas while addressing language, literacy, math, science, and the arts.

BENEFIT TO CONFEREES & CHILDREN:

Using upbeat music, inexpensive equipment and homemade play props, attendees will "learn by playing" as they participate in moderate to vigorous physical activity. Teachers will discover how to create an environment, situations, challenges, and activities that allow children to develop physical skills and realize their potential for movement. And physically active children have greater chances of being healthy for a lifetime!

SUMMARY:

Young children (ages 2 to 7) are innately programmed to move and it is during this time in their life that motor skills develop rapidly -- these are the motor development impact years! Children need opportunities to experience and practice the essential elements of movement -- locomotor skills, non-locomotor skills, manipulative skills, movement awareness abilities, and the components of health-related physical fitness --as they are the basics of learning. Numerous studies have documented the realities of physical inactivity, combined with poor diet, and the resulting health concerns for children. Children need adequate opportunity for practice, encouragement, and instruction in a variety of daily vigorous activities. A movement education program will not only improve children's health and quality of life but develop every child's unique movement and physical abilities to their optimum level.

AUDIO/VISUAL:

Power for iPod and speaker system
Wireless lavalier microphone

FORMAT:

Space for active involvement/movement
Lecture/Demonstration

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