

Play Power!

Active Play to Keep Children Moving, Motivated & Fit



Playing is Learning!

DESCRIPTION:

Get ready, get set, and have fun as you join in cooperative group games, exercise with the parachute, and use simple equipment to help children develop fitness, enhance self-concept, improve coordination, and refine motor skills indoors and outside. By encouraging and participating in moderate to vigorous physical activity, teachers demonstrate the importance of health and fitness through their actions as well as their words!

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 experience and research about brain development and its connection to movement, physical activity, play and learning.
- Learn how to provide and create movement learning environments and curriculum that engage children's participation for 30 minutes daily of structured physical activity and 30 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, social studies, and the arts.

BENEFIT TO CONFEREES & CHILDREN:

Attendees will 'learn by playing' as they participate in the games and activities shared. 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.

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