

# Physical Activity for Preschoolers

## GOAL

Early Childhood Education Providers will learn how to provide children with a safe and appropriate environment for physical development through play.

### Trainer Preparation

**Module V** has 3 units.  
Read each unit and  
prepare materials.

**Unit 1:** Activity Benefits  
Children

**Unit 2:** Basic Movement  
Concepts

**Unit 3:** Fun & Simple  
Activities

## OBJECTIVES

### *Providers will...*

- ☆ Understand why physical activity significantly influences growth and overall development.
- ☆ Learn about basic movement concepts and how to integrate these concepts into classroom activities.
- ☆ Practice doing hands-on activities that improve preschoolers' physical competence.

### *Children will...*

- ☆ Develop basic locomotor skills (fine and gross motor) and non-locomotor skills.
- ☆ Develop positive social skills and confidence.
- ☆ Engage in physical activities that develop physical and social skills.

### *Administrators will...*

- ☆ Understand the benefits of physical activity and how it improves children's locomotor and social competence.
- ☆ Learn the importance of improving the school environment to support physical activity.
- ☆ Be provided with cost-effective ways to facilitate the integration of physical activity into regular classroom activities.



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