

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.



For more information about this workshop please contact MaryAnn Aquino Lagura, NETA Program Representative At 510-639-1276 or by e-mail malagura@ucdavis.edu