

## **FIT N FUN FOR LITTLE ONES**

With Ms. Rita

**PHYSICAL EDUCATION MAKES EVERY CHILD STRONGER AND EVERY LIFE LONGER.**

FIT N FUN FOR LITTLE ONE'S goal is to promote and encourage our smallest kiddos to develop their physical, cognitive, social emotional, speech and language development as well as their fine motor and gross motor skills.

PHYSICAL FITNESS, even for our littles ones is incredibly important. Here are some of the things we work on in FIT N FUN.

5 components of physical fitness;

1. Cardio vascular endurance.
2. Muscular strength.
3. Muscular endurance.
4. Flexibility.
5. Body composition.

We always begin with a welcome song. We practice walking then running on the black line. Then we are ready to work on the following:

Balance. Balance while in motion. Bilateral coordination. Upper body strength. Lower body strength. Hand and foot coordination. Eye hand coordination. Eye tracking. Parallel play. Two way communication. Auditory stimulation. Sensory exploration. Tactile play. Depth perception. Spatial awareness. Cause and effect. Problem solving. Connecting ideas. Hard work (proprioceptive activities, working against weight and resistance. Example tug of war, pulling a wagon,) Motor planning. Language development. Agility. Fine motor. Gross motor. Flexibility. Persistence. Prepositions. Team building. Cardio. Stretching.

**GAMES AND ACTIVITIES WE PLAY:**

Tummy time. Floor based play. Walking. Running. Two footed jumping. Galloping. Skipping. Throwing. Tossing. Catching. Reaching. Bean bag play. Beach balls. Parachute. Scooter boards. Cones. Hula hoops. Obstacle courses. Ring toss. Rocking and rolling. Tunnels. Tents. Climbing. Sliding. Kicking. Swinging. Sorting. Pinching. Balancing. Freeze dance. Freeze tag. Scarves. Colors. Letters. Numbers. Bouncing. Endurance training. Egg race. Crab walk. Army crawl. Bear crawl. Push up. Sit up. Pool noodles used for a variety of games. Sheet races. Relay races. Music activities. Instrument exploration. Holiday themed games and music. Forward roll. Log roll. Wedge climbing and sliding. Paper plate ice skating. Exercise balls. Shopping cart races. Nutrition. Frisbee. Ninja warrior. Yoga. Jingle jog. Water day fun. Field day. Baby shark. Bubbles: visual tracking linked to early literacy and writing skills.

Ball games: soccer, basketball, baseball, football, volleyball, hockey, tennis, golf, bowling.

Play or exercise?

A child's body does not know the difference, but their mind tells them when they are having fun.