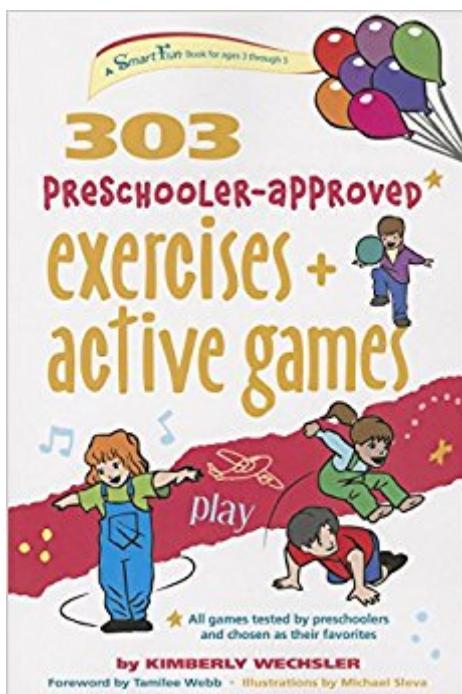


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# 303 Preschooler-Approved Exercises And Active Games (SmartFun Activity Books)



## Synopsis

303 Preschooler-Approved Exercises and Active Games is written specifically for children ages 2-5 years old. In the Building Blocks of Fitness section, each fitness and sport skill is taught in different stages. This allows teachers, counselors, or parents to teach their preschooler a skill that sets the foundation of a more difficult skill; the next level adds a new and more complex element. By doing this, the preschool child will be safe and will feel confident about themselves. Children will learn: Sportsmanship, Socialization skills, Self-control, How to focus and follow rules, How to share, Reasoning and thinking skills. The preschool years are filled with milestones and major physical changes; young children will develop physically, intellectually, emotionally, and socially. During this time, lifestyle behaviors begin to emerge that can define a pattern of behaviors all the way through adulthood. It is vital to a child's health to instill healthy lifestyle habits, behaviors, and disciplines during these young years. Through creative physical activities and easy-to-follow guidelines, this book will teach families how to navigate their dynamic and hectic lifestyles into a healthy and active lifestyle. Being physically active is an invaluable gift for a child, a gift that keeps on giving even into adulthood. What motivates a five year old will be different than what motivates a twelve year old. It's not a "one size fits all" when it comes to fitness. Children have specific physiologic differences that make them unique; they grow, mature and develop skills at different ages, so what may be skill appropriate for one child could be harmful for another child, fitness programs, exercises and activities must be designed specific to each developmental stage. Think of fitness in terms of building a pyramid. In order to have a strong foundation, preschoolers must learn the basic building blocks of fitness. Each year, as kids grow older, they are building on the foundations that were created in the previous years and moving on to more complex movements and skills. Moving from hitting a stationary ball to one that is thrown, bouncing a ball with two hands to bouncing it with one, and progressing from a bike with training wheels to one without, are all milestones that are accomplished during childhood. Kids will play longer and harder than those at the earlier stage of development. They can actually follow multi-task directions (e.g., run to the cone, jump up and down three times, then run back to me) and enjoy playing in a group more. For quick access and easy to follow directions, the activities are organized into six sections of different games and exercises that can easily fit into a child's allotted playtime. Throughout these sections, children can become more aware of their bodily functions, develop sportsmanship and team-working skills, increase energy expenditure, help strengthen muscles and bones, and improve cardiovascular endurance. Preschoolers can decrease the risk of serious illnesses later in life while increasing their creative development. Play and

exercise helps children to grow and learn about how the world works. 303 Preschooler-Approved Exercises and Active Games is a physically active way to bring fun and laughter into a child's life.

## **Book Information**

Series: SmartFun Activity Books

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Average Customer Review: 4.5 out of 5 stars 7 customer reviews

Best Sellers Rank: #120,824 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #478 in Books > Education & Teaching > Schools & Teaching > Early Childhood Education #518 in Books > Education & Teaching > Studying & Workbooks > Workbooks

Age Range: 2 - 5 years

Grade Level: Preschool - Kindergarten

## **Customer Reviews**

Kimberly Wechsler has a Bachelor of Science from Texas Christian University. After having two sons she became a health and fitness trainer. In the past 20 years she received nine certifications in fitness instruction and personal training, has been a dance instructor, fitness instructor specializing in kid's fitness, personal trainer, a physical education teacher, a health coach, master aquatics trainer, muscle conditioning and flexibility coach, Pilates instructor and student of Integrative Nutrition. She has lectured at numerous fitness seminars, taught cooking classes, hosted a television show, been a national presenter at health and fitness conferences, developed five successful summer fitness camps for kids in Massachusetts, volunteered as a coach for The Boys and Girls Clubs of America, and served on the Governor's Council and Presidents' Council of Youth Fitness. In 2011 she founded a non-profit organization, Replay4Kids and since 2009 is the CEO of Fitness Productions LLC, a company that designs and searches for quality products that will guide and support families to a healthier, more balanced life in

natural health, nutrition, fitness, personal growth and creative expression. To learn more visit [www.loveyourworkout.com](http://www.loveyourworkout.com) She makes her home in Frisco, Texas.

Couldn't be happier. This book has it all. I am not an formally trained teacher but I run a small group preschool gross motor class of activities. This book is like "teaching for dummies". It will be my bible come September.

As a Pre-school physical education teacher, I found this book very usefull. It has a lot of games and ideas to do with the kids. It is well organized and explained. In some schools there are no a P.E. teacher specialized in pre-school, so regular teachers and parents need a guide to keep kids active and developing their motor skills. I recommend this book as a good guide to start.

This is a good book for pre-schoolers. Mama can help read it.

Good book to add to all the others I own. Great ideas!

Excellent year round curriculum

This is a perfect resource book for any pre-school/pre-K classroom or program. It contains hundreds of exercises and games designed to develop endurance, strength, balance and flexibility in children three to five years old. The games are categorized by the type of exercise (stretching, building muscle, teaching balance, etc.) and the size of group the activity is appropriate for (pair, small group, any size, entire group). They are further broken down into levels, starting with more basic exercises that will help young children develop the skills necessary for more complex physical activity. Here are just a few of my favorites: Mimicking the body movements of different animals, such as lizards, crocodiles, and inchworms. The Overhead: having the children pretend to reach for something overhead that is just a little out of their reach. The Baseball Swing & the Airplane Soar! This is a great book. It has dozens of ideas for activities that will help young children be more active, while allowing them to use their imaginations. As a primary school teacher myself, I am sure it will be a wonderful addition to our classroom. It is chock-full of fun, SIMPLE ideas to get kids moving! I received this book through LibraryThing Early Reviewers Program.

I received this book as an EarlyReader for LibraryThing. As a grandmother of a 3 year old, I was

excited to receive a copy of this book and I am not disappointed! In an age where children can find so many things to sit in front of or hold in their hands, it is smart to have a game plan to promote activity. This book is a primer for parents, teachers, group leaders and grandparents to use in promoting fun fitness activities for pre-schoolers. It is divided into exercises and games on different levels. It can be used with groups and solo. The exercises are basic ones we all know, with a name or idea to make it fun for a little one to do. Exercises are categorized by the skills they promote; balance, fine motor, jumping, running, heart strength, etc. If equipment is needed it is minimal and noted. There are music and rhythm games that can be used at parties. Stringing a group of activities together in a block of time to do a workout (without calling it one) is a nice addition. I can see teachers using that. Also, it is going to be good for the teacher or parent or grandparent who does these activities with their little one! Healthy at all ages. The author is a fitness and dance instructor who has tested these activities.

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