

GYM NEWS



This year has been filled with fun! The children have been and experimenting with a variety of motor equipment such as scooters, balls, beanbags, hoops, tunnels, hippity hops and slides.

We are practicing developmental motor skills such as marching, hopping, galloping, skipping and jumping.

We are learning to be safe and negotiate the gym obstacle course. We practice stop and go songs, yoga breathing and wall push-ups to help us control our movements, be calm and stay safe.

New to the adapted PE program are our “Push the Wall” handprints on the wall outside our gym. What a wonderful way to keep busy while getting the proprioceptive input they need to stay calm and build muscle.

Another new addition is our circular swing. It’s a big hit with the children. Swinging helps calm children and provides vestibular stimulation. Almost everyone enjoys swinging!

All these gross motor activities help to build muscles, improve motor planning, increase attention to task and help prepare our little ones for the educational environment that is becoming increasingly demanding.

Children need core strength and muscle endurance to stay attentive during instruction in the classroom. Participating in gross motor activities will help them to meet these demands.

When considering what toys are appropriate for your child for the holidays please consider Sit and Spin, punch balls, hippity-hops, tunnels ,and playground balls.

Happy Holidays!!

Mary