

April Gym News

April was great fun! The children enjoyed playing T-ball in the gym. They learned hit the ball off the tee with a bat and then run the bases. Their teammates all cheered them on.

We also practiced throwing beanbags at targets, marching hopping jumping, galloping and skipping during our warmup. We walked on the balancing logs which provide walking platforms at varying heights. This activity keeps all children focused and challenged at their own level.



Next month we are focusing on preparation for field day. Sack races, obstacle course races, running and throwing skills will be practiced.

Field day volunteers are needed to help setup the games between classes. Please call me if you can spare some time. Field day dates are June 3rd through 5th. Your child's teacher will soon be sending home a notice so you know what half-hour slot his/her class is scheduled for. Hope to see you there!

Parent Tips:

Looking for fun activities for the spring? You may consider tunnels to crawl through, hippity hops to sit and hop on, roller skates, hula hoops, playground balls and cones. You and your child could create obstacle courses outside. For example you could jump into hoops, crawl through the tunnel, and then run around cones. You could take turns designing the obstacle courses. Kids love to be in control and be creative! It does wonders for their self-esteem. Obstacle courses work on building strength and coordination. Body awareness and motor planning are other areas addressed.

I hope to see you on field day!
-Mary

