

GYM NEWS



What do preschoolers do in the month of March? March of course, march forwards, backwards, march uphill and downhill. March while tapping marching sticks, keeping time. All of this is great for developing endurance, abdominal strength (with high knees), rhythm concepts all needed to develop strong and “in control” bodies!

Of course, we danced the Irish jig! YouTube is great for providing child models performing Irish dancing and music for us to practice to. It is great fun!

Spring is another concept we talked about. The children pretended to be seeds growing in the garden and then blooming with colorful scarves that represented flowers. The children love to pretend to grow, sway in the breeze and then stop! Imagination and ‘stop and go’ concepts were addressed.

As always obstacle courses are part of the curriculum. Walking over, under and through are concepts we practice physically.

Next, we used scarves to practice throwing and catching with ourselves. We also try to catch them on different body parts (head, arms and feet)!

The children continued with basketball practice, attempting to make baskets in our low and high hoops! We are getting better with practice.

Next month we begin T-ball during gym. It is always a fun activity! “Elbows up – Swing Through”. We also practice throwing at a target (Point! Step! Throw!)



Home Tip:

Scarves are a great tool to use to encourage throwing and catching skills. They are light, they move slowly and catching is much easier than with a ball.

Now that weather is getting warmer it’s a great time to get out into the sunshine.

With sidewalk chalk you can create a hopscotch course and practice jumping. Encourage your child to jump feet apart and then feet together. This is a great lead up activity to one foot, two feet.

T-ball and soccer are fun activities in the backyard or nearby park. A soccer ball or a bat and ball are great spring sports equipment that you can enjoy with your child.

Kids love exploring climbing and sliding equipment at your neighborhood park. I hope you can get out and get some fresh air!

Enjoy Spring!

Mary