

## Week 4

### PHYSICAL ACTIVITY

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- Monday morning, distribute resource article and poster. Staff are to read the article and by Friday submit to the director one main idea that stood out.

Article:

- “Obesity Prevention in Child Care”- all staff
- “Tummy Time for Infants”- if applicable

Poster:

- We Play Outside... Weather Permitting!

- On Monday distribute the “Physical Activity Checklist” to each staff member. This checklist should be completed this week and could be used on a monthly basis.
- Motion Movements: This week all staff will watch an online video, specific to the age group of the children in their care, and implement their own “Motion Movements” in their classroom.
  - Go to the following link: [http://nrckids.org/Motion\\_Moments/index.htm](http://nrckids.org/Motion_Moments/index.htm)
  - Halfway down the page you will see links to three different videos. Click on the appropriate link to watch the video.

❖ **DIRECTORS/OWNERS ONLY:**

To receive a Professional Growth & Development certificate for each staff member that participated in the month long activities, directors/owner must complete a brief survey at the conclusion of the month. Complete the survey at the following link:

<http://www.surveymonkey.com/s/YDFHFYT>

Please note the last question of the survey. You must list each staff member’s name in the space provided along with your email address so that certificates can be sent to you.

*The deadline to complete this survey is December 20, 2012.*