

Begin a topic on physical fitness by explaining to the children why exercise is important for strengthening their bones and muscles. The children can pass around photographs of people playing sports, running or biking outdoors, exercising in a gym, and doing aerobics. During the discussion, each child can take a turn telling the class about a favorite physical activity.

SOCIAL

Hokey Pokey

Here is a you tube video of the Hockey Pokey

<https://www.youtube.com/watch?v=YzSJBowPECY>

Target: peer interactions



Parachute Exercise

Using a parachute, sheet or blanket, try different exercises WHILE you all shake the parachute up and down.

Try jumping and counting to 10.

Try squatting down and standing back up while holding the parachute.

Reach up and bend over to the ground slowly while holding the chute, then try it very fast!

Target: team work

Read a book about children and fitness/exercise

Target: Peer Discussion

Fitness Math Game

Fitness and math concepts can be combined during this simple and fun game for preschoolers:

1. Gather flash cards printed with the numbers 1 through 10 as well as the same number of dots so that younger children who may not recognize the number can count the dots. Shuffle them into a pile.
2. Have the children to take turns drawing a number from the pile. Ask each child to name the number out loud, and then perform a corresponding number of short exercises. For example, if a child draws the number 6, say, "Touch your toes six times". Suggestions for exercises can include walking in a circle around a chair, doing jumping jacks, or hopping up and down. **Target: Taking turns**

Body Awareness

Materials Needed: Large paper to trace children on, marker

Trace each child on a large piece of paper. Enlist help from parents to do this and to cut out their tracings. Be sure to print each child's name on their tracing!

Provide mirrors and have the children draw their faces on their papers.

Provide fabric for them to decorate the rest of their bodies. **Target: co-operation**

Talk about the different muscles and bones and how to stay fit.

PHYSICAL

Gross Motor

Ball Painting

Materials Needed: small balls or large marbles, a box top or other shallow item with edges; paper, paint

Place paper in shallow tray or box top.

Put some paint on the paper (we usually water the paint down a bit so that marbles don't get stuck in it!).

Place balls or marbles on the paper. The children move the tray or box top from left to right over and over again as the balls or marbles drag the paint around the paper. Keep adding paint as wanted! **Target: co-ordination**

Straw Javelin Throwing

<http://www.toddlerapproved.com/2012/08/kid-bloggers-go-olympics-straw-javelin.html>

Target: balance

Yoga

Materials Needed: Find pictures online of basic, easy children Yoga moves or check on YouTube for a video. Play calming music as you all do them together!

Target: co-ordination

Walk on Pillows

<https://handsonaswegrow.com/gross-motor-activity-walking-pillows/>

Target: balance

Fine Motor

Preschool Fitness Lacing

Materials Needed: Make and laminate different shapes that focus on fitness such as running shoes, people, healthy snacks (apples, bananas, etc.). Once laminated, hole punch holes around the outside edges of the shapes. Provide colored laces for the children to lace with (tie a knot on one end so that it does not pass through the holes). You can make your own laces with colored yarn. Use clear tape to tape one end of the yarn so that it passes through the holes. **Target: eye hand co-ordination**

Making Musical Dumbbells

Materials Needed: Paper towel tubes; strips of colored construction paper (approximately 2 inches wide by 4 inches long); scraps of yarn and ribbon; small jingle bells; miscellaneous paper and items that they can tape onto the tubes; markers and clear tape. In advance, tie a jingle bell on the ends of some of the ribbon and yarn pieces. Also, use a hole punch to punch some holes near the edges on both sides of the tubes. The children should decorate the paper towel tubes. Have them tape the construction paper strip around the tube in the middle and explain that this is where they will hold their dumbbells and therefore, they should not glue anything on that part. Demonstrate how to hold a dumbbell and lift it up and down! They can then use the markers to decorate and glue on the miscellaneous items. They should then lace the ribbon and/or yarn into the holes around the edges. **Target: grasping**

Finger Painting

Materials Needed: Provide finger paints in multiple colors and paint paper. While they are painting, talk with the children about the things they do that use the muscles in their hands (using a spoon, putting on coats, brushing teeth) and they their hand muscles need exercise, too! **Target: finger manipulation**

Open and Shut

This is a great exercise for little hands!

Open, shut them. Open shut them. Give a little clap.

Open, shut them. Open, shut them. Put them in your lap.

Additional verse:

Creep them, crawl them. Creep them, crawl them, right up to your chin.

Open up your little mouths, but do not let them in (hands on lap again!).

Target: finger co-ordination

INTELLECTUAL

Cognitive

My Bones

Materials Needed: black construction paper, white chalk

Encourage the children to draw pictures of themselves and what they think their bones might look like. You can also supply q-tips to be the bones and the children can glue them on the paper. This is a tough concept for them as preschoolers are so concrete and discussing something that they can not see that is under their skin is a bit abstract for them. But, just let them go at it! **Target: labeling**

Working Your Body

In advance, make some pictures of different children performing different exercises such as reaching to the sky, touching toes, running in place, etc. Or, find pictures in magazines.

Make index cards with numbers or dots on them.

Show the children one picture card and then one number or dot card.

The children then do the activity on the picture card the number of times shown on the number card (i.e. jump up and down 5 times). **Target: number recognition**

Head, Shoulders, Knees and Toes

Body parts and preschool fitness all in one! After singing this once, try singing it very, very slow and then very very fast! Each year, our children LOVE to do this "super, duper, fast". We tell them that when we do it this fast, it is SO fast we can't even say the words, so we replace all the words with "Blah, blah blah blah blah blah" while we do it "super duper fast"!

Target: labelling

Animal Movements

https://activeforlife.com/activity/animal-friends_1/

Target: matching

Find and Tag It

This is a versatile game that can be used to review many different skills. Just tell your learners to find something and tag it. For example, "Find and tag something blue." Or "Find something that is round. You can ask the children to find and tag different items depending on their developmental level. **Target: matching**

Language

Row Your Boat

(Add the actions to the song)

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream

Row, row, row your boat
Gently up the creek If you see a little mouse
Don't forget to squeak!

Row, row, row your boat
Gently down the stream If you see a crocodile
Don't forget to scream!

Row, row, row your boat
Gently to the shore
If you see a lion
Don't forget to roar! **Target: repetition**

I've Got A Body

I've Got a body, a very busy body,
And it goes everywhere with me!
And on my body, I've got some hands,
And they go everywhere with me!

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With a clap, clap here, clap, clap there,
Clap, clap, clap , clap everywhere!
I've got a body, a very busy body,
And it goes everywhere with me!

(repeat with stamping feet, nodding head, clicking tongue, ssshing lips, blinking eyes
etc.)

Target: matching

Finger Drawing

Use your finger to draw in the air.
Make lines and circles anywhere.
No pen. No paper. And, it's fun.
Only you see what you've done!
It's your imagination!
It's your imagination!

To make a line, draw straight down.
To make a circle, go around.
Line – straight down; Circle – around.
To make a line, draw straight down.
To make a circle, go around.
Line – straight down; Circle – around.

Lines can go up, too.
Or, side to side;
It's up to you.
Up and down; Side to side
Lines can go up, too.
Or, side to side;
It's up to you.
Up and down; Side to side

Use your finger to draw in the air.
Make lines and circles anywhere.
No pen. No paper. And, it's fun.
Only you see what you've done!
It's your imagination!
It's your imagination!

You can also slant a line.

Right or left; either is fine.
Slant up right; Slant down left
We can use circles to draw a face.
Start at the top. Stop in the same place.
Go around. Circles go around.

No pen. No paper. And, it's fun.
Only you see what you've done!
It's your imagination!
It's your imagination!
Target: vocabulary

Stretching

(Tune: "Twinkle, Twinkle, Little Star")
Everybody reach up high, Stretching, stretching to the sky
Swaying left and swaying right,
Swaying to the sky at night.
Everybody reach up high,
Stretching, stretching to the sky.
Target: rhyming

CREATIVE

Paint to the Beat

Materials needed: Play music as the children paint at the easel and suggest movements as they paint.
For example, play some of a fast song and suggest that they move their hands up and down.
Play a slower song and suggest they paint from left to right, or in circles, etc.
Target: creativity

Freeze dance: When the music stops, freeze in your pose and hold it until the music begins again.
Target: decision making

Fun with Tape

Painter's tape (green tape) is one of the best inventions ever. It goes on (and comes off) easily – whether you've got a smooth floor or a carpeted one (but be sure to test it first just to be sure). And there's so much you can do with it! Put it on the floor like a ladder. Then have students see how many rungs they can jump. Can they jump farther with a running start? See how many rungs they can stretch – or how far they can go on one foot. **Target: problem solving**

Follow the Line

<https://littlebinsforlittlehands.com/gross-motor-sensory-play/>

Target: decision making

EMOTIONAL

Paper plate skating

<https://handsonaswegrow.com/paper-plate-skating/>

Target: independence

Balance Poses

https://activeforlife.com/activity/balance-poses_63/

Target: self expression

Energy Trail Mix

Ingredients and Items needed: raisins; oat cereal; corn cereal; dried fruit; zipper baggies; tablespoons; pen

Place each ingredient into a separate bowl. Place a tablespoon in each bowl. In advance, draw a tablespoon on 4 index cards. On the bottom of each, list how many tablespoons of the ingredient that you want the children to place in their baggie (for example, on the card in front of the raisins, you might print "Add 1").

Encourage the children to print their name on the baggie with the pen.

They should then go from bowl to bowl and count out the number of tablespoons of each ingredient printed on each card into their baggie. **Target: independence**

Skee Ball

<https://frugalfun4boys.com/laundry-basket-skee-ball-with-ball-pit-balls/>

Target: self confidence