

PHYSICAL FITNESS



Working on gross motor skills helps a child gain strength and confidence in his/her body. It also helps them get exercise and physical activity, which is important for a healthy lifestyle.

OUTSIDE FUN

With a sheet ask your child to hold the corners of one end and then you other the others. Make the sheet go up and down like a parachute. Give a ball or a stuffed animal a ride! *10.4 PK.A Control and Coordination*



WATER PLAY

Use sponges and buckets of water and have fun tossing them to one another on a hot day. Empty the water and see if you can throw the sponges into the buckets. *10.4 PK.A Control and Coordination*



PLAY A GAME

Play an action game with counting in it. Ask your child to jump three times, wiggle their fingers twice, turn around six times, blink once, etc. *10.4 PK.B Balance and Strength*



TWO POINTS!

Roll socks into a ball. Throw “snow balls” into a container or laundry basket. Keep track of your points on a “scorecard” to reinforce number recognition and literacy. Practice catching and throwing. *10.4 PK.A Control and Coordination and 10.5 PK.C Use of Tools*



PENNSYLVANIA LEARNING STANDARDS FOR EARLY CHILDHOOD: PRE-KINDERGARTEN

The Department of Education and the Office of Child Development and Early Learning use a Standards Aligned System. The Pennsylvania Learning Standards for Early Childhood are designed to support learning. The key areas explored in these activities are Control and Coordination, Balance and Strength, and Use of Tools.

10.4 PHYSICAL ACTIVITY—Gross Motor Coordination

Big Idea: Children gain control over their bodies and body movements through active experiences and exploration.

- 10.4 PK.A Demonstrate coordination of body movements in active play.
- 10.4 PK.B Exhibit balance while moving on the ground or using equipment.

10.5 CONCEPTS, PRINCIPLES, AND STRATEGIES OF MOVEMENT—Fine Motor Development

Big Idea: Fine motor practice helps children develop eye-hand coordination, strength, and controlled use of tools.

- 10.5 PK.C Use tools that require use of fingers, hands, and/or wrists to accomplish a task.