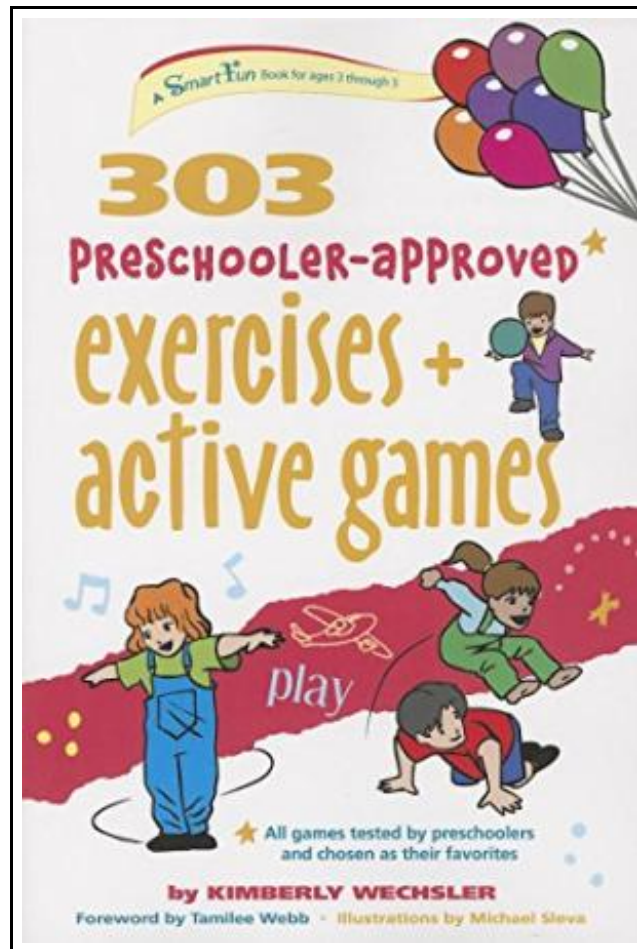


303 Preschooler-Approved Exercises and Active Games



Filesize: 1.97 MB

Reviews

*A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.
(Dr. Grady Jacobi DDS)*

303 PRESCHOOLER-APPROVED EXERCISES AND ACTIVE GAMES



Hunter House Publishers. Paperback. Book Condition: New. Michael Sleva (illustrator). Paperback. 168 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. 303 Preschooler-Approved Exercises and Active Games is written specifically for children ages 2-5 years old. In the Building Blocks of Fitness section, each fitness and sport skill is taught in different stages. This allows teachers, counselors, or parents to teach their preschooler a skill that sets the foundation of a more difficult skill; the next level adds a new and more complex element. By doing this, the preschool child will be safe and will feel confident about themselves. Children will learn: Sportsmanship Socialization skills Self-control How to focus and follow rules How to share Reasoning and thinking skills The preschool years are filled with milestones and major physical changes; young children will develop physically, intellectually, emotionally, and socially. During this time, lifestyle behaviors begin to emerge that can define a pattern of behaviors all the way through adulthood. It is vital to a child's health to instill healthy lifestyle habits, behaviors, and disciplines during these young years. Through creative physical activities and easy-to-follow guidelines, this book will teach families how to navigate their dynamic and hectic lifestyles into a healthy and active lifestyle. Being physically active is an invaluable gift for a child, a gift that keeps on giving even into adulthood. What motivates a five year old will be different than what motivates a twelve year old. It's not a one size fits all when it comes to fitness. Children have specific physiologic differences that make them unique; they grow, mature and develop skills at different ages, so what may be skill appropriate for one child could be harmful for another child, fitness programs, exercises and activities must be designed specific to each developmental stage. Think of fitness in terms of building...



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