

**It Is All About ME, ME, ME!!!
A Multi- Movement Approach for:
Preschool Recreational Activities**

By: Lisa Brougham

**Long-Term Athlete Development
ACTIVE START!**

0 - 6 yrs

***Fitness & movement skills development**

***Focus on learning movement skills:
running, jumping, twisting, kicking,
throwing, and catching**

***Not sedentary for more than 60 min
(When not sleeping) daily activity**

*** Exploration of risks & limits in safe
environments**

***Active movement environment combined
with well-structured gymnastics and
swimming programs**

We Teach Children not Skills!

The movement space should attract the preschool child because:

*** It is a welcoming, safe, non-competitive environment**

- Colourful and full of interesting shapes, textures, manipulative props and equipment**

•Allows for individual challenge and success

Create a preschool fun zone!!!!

Enhance the Physical Literacy Learning Environment:

*** Give guidance and verbal challenges to explore the environment and work toward building a movement vocabulary**

• Keep instructions simple and clear

- **Bend down to the child's eye level and use appropriate vocabulary for small children**
- **Use visual cues with small props such as puppets e use rhythmical, verbal cues. For example: Chant, "Toes. Heels. Knees. Please." for teaching the proper sequence in landings.**
- **Mix new situations with familiar situations**
- **Use positive reinforcement**
- **Be aware of the individual needs and abilities of each child.**
- **Plan for success!**

**DESIGN OPPORTUNITIES THAT ALLOW CHILDREN TO:
LEARN TO MOVE WHILE MOVING TO LEARN**

How Children Learn

≡Multi-movement programs for preschoolers should include activities that contribute to improve motor, cognitive, psychosocial and physical development.

≡Since the early childhood years are critical years for venturing, exploring, playing, and creating without fear or failure, decisions about specific teaching methods must be made with care.

Children Learn in Many Ways

KINESTHETIC: learns through feeling movement
: Spotting a child through a movement

VISUAL: learns through seeing the movement
: Picture Cue cards, drawing on floor/equipment/demonstration

AUDITORY: learns through hearing verbal clues
: music, verbal instructions” Place hands on mat”

IMAGINATION: learns through imagery
flat as a pancake, hop like a bunny, hang like a bat

**Combining Teaching Methods:
Children learn best when they want to learn!**

A variety of the teaching methods should be employed to keep the class interesting and to encourage leadership, creativity and promote decision-making skills in a safe,environment

Rock and Roll: The Value of Music!

Music is a great tool in Active start programs!

- It can be used as a warm -up activity
- to encourage creative movement
- learn rhythm and coordination
- Teaches listening skills
- Enhances social skills and stimulates a child's imagination

Plan for Success:

Few of us would go on a journey without a map. Your map to a successful preschool multi-movement recreational program is a well-prepared program with lesson plans, themes, props and appropriate preschool sized sports equipment.

- Attain program goals
- Objectives based on the age group you are working with.
- Ensure a safe program
- Maximize activity time
- Ensure continuity within the program
- Provide a framework for the ongoing design of the program
- * Review what activities are successful and what does not work!

Plan the work & work the plan!

Happy Moving & Exploring!

Lisa Brougham

Coaching Sport and Recreation Consultant

604-619-0834

ljbrougham@look.ca

www.bowenlandgymnastics.com

www.runfortheferry.ca

Program Director:

Bowen Island Gymnastics/Bowen Island Rock Runners/Adventure Girl Divas



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