



Funshine Preschool

Fitness is Fun Day!

31 March 2015

“Parents and caregivers can set a great example for the whole family by creating a healthy environment at home. Any combination of steps—making fruits and vegetables part of every meal, limiting treats, walking and playing, even shopping together—can add up to make a real difference in children’s lives and help build healthy habits for life.”

Let's Move!, Funshine Preschool, and JumpBunch are about “putting children on the path to a healthy future during their earliest months and years”. Today, we are helping kids become more physically active.

Working on physical fitness doesn't have to feel like work. It can be FUN!

Your family can stay active and build balance, core strength, and agility practicing great outdoor and indoor activities together that will be so fun you don't even realize you're exercising! Play and exercise together.

Outdoors:

You know all these! Play at a playground together – climb up the equipment, slide down the slides, balance on the balance toys, swing, climb, run!

Go for a walk! Ride bikes! Roller skate! Hike! Kick a soccer ball. Throw a football, a Frisbee, a baseball! Shoot basketballs! Defend the wicket! Walk in the woods and check out the plants, trees, animals, flowers, water, clouds, nature!

Use the fun outdoor areas around you and your imagination to get fit and have fun!



Indoors:

You can use your own home to create a playhouse for your whole family. The following are just some simple ideas to start your family and your imagination moving!



Duct Tape Balance Beam

Place 1 or 2 strips of duct tape on the floor in straight, wavy, and jagged patterns to practice walking, tip-toeing, balancing on one foot, dipping, and turning forwards, backwards, and sideways. Balance beam activities can be fun for the whole family – testing who can stay on the line longest, or do the most tricks.



Target Practice

Place 3 to 4 rings of tape on the floor to practice tossing a ball, bean bag, stuffed animal to work on throwing and aim. Throw from far away, try closer. Stand on one foot. You can throw, toss, fling, roll, bounce, try to knock other balls out of the way. Throw backwards, sideways, upside down. Use colors, numbers, or letters to add extra challenge and fun.



Hopscotch

You remember this good old game! Create a hopscotch board on your floor with tape or on the sidewalk with chalk. Create it in any shape you want, with any numbers or letters that would be most fun for your family – learn to spell names or words, learn phone numbers and other important numbers, just be different. Create specific shapes or patterns. Hop on one foot, two feet, alternating, walk on tip-toes, march, balance a stuffed animal on your head. Whatever you can think of to mix it up and be silly.