

# Promoting Preschooler Activity

This playbook outlines methods to encourage physical activity in preschool-aged children that are developmentally appropriate. It aims to foster an active lifestyle through engaging and age-suitable activities.

## Step 1: **Assess Abilities**

Evaluate the developmental stages and abilities of the preschoolers to ensure that the physical activities are suitable for their age and physical capabilities.

## Step 2: **Plan Activities**

Design a diverse range of physical activities that cater to different skills such as motor skills, balance, coordination, and general physical fitness.

## Step 3: **Educate Staff**

Train the preschool staff on the importance of physical activity and how to incorporate it into the daily routine of the children.

## Step 4: **Create Schedule**

Develop a daily and weekly schedule that includes short bursts of physical activities throughout the day to keep children engaged and active.

## **Step 5: Ensure Safety**

Childproof the physical activity space to prevent injuries and make sure that the environment is safe for all types of movements and activities.

## **Step 6: Include Fun**

Incorporate games and fun elements into the activities to make physical activity enjoyable and something the children look forward to.

## **Step 7: Involve Parents**

Communicate with parents about the importance of physical activity and provide suggestions for how they can continue to promote it at home.

## **Step 8: Monitor Progress**

Regularly observe and record the preschoolers' participation and enthusiasm in physical activities to adjust the program as necessary.

# **General Notes**

## **Adaptability**

Be prepared to adjust the activities based on the children's responses and engagement levels.

## **Regular Updates**

Periodically review and update the activities to keep them fresh and interesting for the children.

## **Engagement**

Continuously seek ways to motivate children and make physical activity a positive and integral part of their daily routine.

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