

Physical Development and Health

<https://www.easterncet.edu/center-for-early-childhood-education/physical-and-outdoor-play/incorporating-motor-play-in-the-preschool-classroom.html>

Teacher Ideas

Gross Motor

- Parachute Play – Children hold the handles and try to move balls of different sizes up and down. Then, they decide together on a goal for using the parachute.
- Predicting how far we can jump and throw using yarn. Estimating the number of hops to get from one spot to another.
- Moving like animals (teacher guided and then children’s suggestions. Use animal picture/movement cards or yoga pose animal cards. Move like characters from read-alouds.
- Freeze Game: Children move to music with a bean bag on their heads. They stop when the music stops. If they lose their bean bag, a friend can help to put it on their heads again.
- Dot/number bean bags- roll a large die and choose the matching bean bag to toss into a bin.
- Using a rope on the floor, children take turns moving along the rope in different ways.
- Create an obstacle course or hula hoops for exploring over, under, in, out and through
- Cooperative games

Fine Motor

- Wooden Tongs/tweezers in the sensory table with pom-poms and basters in the water table with containers.
- Spray bottle painting.
- Fat and thin crayons and brushes.
- Locks and keys.
- Clothing in the dramatic play area with large and small zippers and buttons. A clothesline with clothespins. Hair clips with dolls.
- Painting with cotton swabs.
- Measuring, pouring and stirring for cooking projects.
- Painting with different sized paintbrushes.
- Chalk drawing outdoors.
- "Growing" unit - children scoop soil into small growing pots, plant small seeds with their fingers.
- Tearing and cutting paper.
- Lacing cards.

Nutrition, Health and Safety

- Handwashing practice with pictures and gentle reminders.
- Paint children’s hands and have them practice getting the “germs” off.
- Practice brushing teeth and a visit from a dental hygienist.



- Puppets to help children understand how to be safe indoors and outside.
- Read Eating the Alphabet by Lois Ehlert. In small groups, the children use all of their senses to explore fruits and vegetables of different colors.
- Cooking activities with healthy ingredients.
- Read parts of “No Dragons for Tea: Fire Safety for Kids and Dragons” by Jean E. Pendziwol. Then, help children recall and practice fire safety tips.

