

“Physical Exercise for Younger Grades”

The goal of this presentation is to educate children about physical exercise and the benefits of physical activity and how to make it fun. The main goal is to also engage with the children about physical activity, how to make it enjoyable, and have participation with the children at a high rate. A presentation about what physical exercise and what it involves will be presented. An activity with sports, balls, jumping, and toys will be shown to the children on how they can get physical exercise by simply playing with their toys. Examples can include “walk like a penguin, hop like a frog, or imitate other animals' movements. Sit facing each other and hold hands. Rock back and forth and sing the song "Row, row, row your boat." Bend at the waist and touch the ground. Walk your hands forward and inch along like a caterpillar. Sit on the ground and let your child step over your legs, or make a bridge with your body and let your child crawl under. Play follow the leader, "Ring around the rosy," and other similar games. Listen to music and dance together.

Resources:

<https://kidshealth.org/en/parents/fitness-2-3.html>

<https://www.pampers.com/en-us/toddler/activities/article/sports-for-toddlers>

<https://www.verywellfamily.com/toddler-activities-4013770>

<https://activeforlife.com/57-fun-physical-activities-to-do-with-kids-aged-2-to-4/>

<https://www.today.com/parenting-guides/1st-grade-physical-activity-recommendations-t178616#:~:text=These%20should%20include%20vigorous%20activities,on%20having%20fun%20and%20playing.>

https://www.youtube.com/watch?v=3_oIssULEk0

Hwang & Rodriguez

<https://www.verywellfamily.com/easy-exercises-for-kids-1257391>