



"Developing motor competence and confidence in the early years is critical to participation in lifelong physical activity"
~Dr. Jackie Goodway, The Ohio State University

SKIPing to an Active and Healthy Future

Successful Kinesthetic Instruction for Preschoolers

Dear Parents,

We would be delighted to work with your child as part of our SKIP program. With your permission, your child can participate in the SKIP program two times per week as part of their regular school day. The SKIP program is based on 20 years of research with young children. One of the primary goals of the SKIP program is to develop competence in **fundamental motor skills** (FMS). FMS are basic movement skills such as throwing, running and kicking. We think of these as the ABCs of movement. We know that these skills must be taught in the preschool & early elementary years. So we are working with your child's classroom teachers to deliver SKIP for your child.



For More Information

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Go Bucks!!!!

More on back!

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Goals of the SKIP Program

- Develop competence in fundamental motor skills such as running, throwing & catching (ABCs of movement)
- Learn how to move with different equipment (bats, balls) in different environments (lead up sports)
- Increase moderate to vigorous physical activity levels
- Promote developmentally appropriate health-related physical fitness
- Increase a child's movement, confidence & motivation to be active
- To learn about your body & your body's response to being active
- To learn about the importance of physical activity to be healthy
- To enjoy being active & moving

What Do We Teach?

- *Locomotor* skills like running, skipping, galloping & jumping
- *Object control* skills like catching, throwing, kicking, & batting
- *Lead Up Sports* like hand (basketball) & foot dribbling (soccer)
- Fun fitness activities that develop cardiovascular endurance, strength & flexibility
- Movement concepts like space awareness through moving to music
- Rhythm & balance skills



How Do We Teach?

We focus on individualized instruction with everyone having a piece of equipment. We use themes like super heroes to make it fun & creative. We give lots of positive & skill-related feedback. We help children learn how to learn to move.

What Parents Can Do?

Be good role models, take children outside to play, have a family activity night, in the Winter months find time for inside activity, limit TV/video-game time.



SKIP follows national "Active Start" guidelines

National Physical Activity Guidelines for Preschoolers:

- 1) 60 minutes of structured physical activity like SKIP/day
- 2) 60 minutes or more of play-based physical activity/day
- 3) development of fundamental motor skills
- 4) safe places to play
- 5) educating caregivers about the importance of motor development & physical activity (NASPE, 2009)