



Physical Activity Resources

CHILDREN'S BOOKS THAT ENCOURAGE MOVEMENT

Children's literature can be used to support early literacy and movement in the classroom. Titles can be selected that align with learning objectives, classroom themes and children's interests. For more ideas on books for your classroom that support movement visit:

<https://healthykidshealthyfuture.org/5-healthy-goals/classroom-activities/recommended-books>

Ages 9 months–2 years:

Eyes, Nose, Fingers, and Toes, Judy Hindley
Head, Shoulders, Knees and Toes, Anne Kubler
Row, Row, Row Your Boat, Anne Kubler
Wiggle Waggle, Jonathan London

Ages 2-4 years

Bear About Town, Stella Blackstone
From Head to Toe, Eric Carle
Move!, Steve Jenkins
Sesame Street: Come Play with Elmo, Constance Allen
The Barnyard Dance, Sandra Boynton
Doing the Animal Bop, Jan Ormerod
Sesame Street: Get Moving with Grover, Abigail Tabby

Ages 3-5 years

You Are A Lion! : And Other Fun Yoga Poses, Taeun Yoo

Ages 3-8 years

Good Night Yoga: A Pose-by-Pose Bedtime Story, by Mariam Gates

ONLINE TRAINING

Penn State Extension Better Kid Care's On Demand Distance Education system provides professional development that is accepted as professional development credit in over 45 states. There are multiple sessions available that focus on physical activity. Lessons can be found at <https://extension.psu.edu/programs/betterkidcare/on-demand>.

CLASSROOM PHYSICAL ACTIVITY CURRICULUM

- We Have the Moves! This resource from Sesame Street provides fun physical activities for both large and small spaces that require minimal time and equipment. Discover easy ways to add more active play into everyday routines for children ages 2-5.
<https://www.sesamestreet.org/search?keyword=we%20have%20the%20moves>
- OPEN—The Online Physical Education Network has 3 main goals embedded within EC program.
 1. Provide developmentally appropriate physical activity experiences, allowing children an opportunity to accumulate 60 minutes of daily physical activity.
 2. Provide instructional content designed to foster the development of knowledge and skill in six main movement exploration categories (Movement Concepts, Balance, Locomotor, Manipulative, Health & Nutrition, and Social & Emotional Development).
 3. Provide early childhood teachers and program providers with movement-based activities that work toward developmental outcomes and indicators defined within the Head Start Early Learning Outcomes Framework. <https://openphysed.org/movement/ec>





Physical Activity Resources (Cont'd)

OTHER RESOURCES

Active Play! - Fun Physical Activities for Young Children – This book contains 52 physical activities with many variations. It includes activities for toddlers and preschoolers to play together and a DVD that shows children doing 30 of the book's 52 physical activities.

www.activeplaybooks.com

Read! Move! Learn! Active Stories for Active Learning – This book has more than 150 active learning experiences based on popular children's books. In addition to the activities for each featured children's book, you will find theme connections, lesson objectives, a vocabulary list, a concept list, and related children's books and music for hours of fun in the classroom!

www.kanplanco.com

RESOURCES FOR FAMILIES

Active for Life is a Canadian initiative created to help parents give their children the right start in life through the development of physical literacy.

<https://activeforlife.com/49-fun-physical-activities-to-do-with-kids-aged-2-to-4>

Be Active Kids is an interactive health program for children ages birth to five that began in North Carolina. The website had a variety of family information and dozens of free one page handouts of ideas such as *25 fun physical activities with Bubbles*.

<http://www.beactivekids.org/resources/handouts>

CDC developmental milestones handouts and app

Milestones matter! Track children's milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists; get tips from CDC for encouraging child development; and find out what to do if you are ever concerned about how a child is developing. Photos and videos in this app illustrate each milestone and make tracking them easy and fun! Available free for IOS and Android systems in English and Spanish.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

GoNoodle: Good Energy at Home is a free online resource that provides tons of ways for kids and families to be active, stay mindful, and keep on learning!

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos>

Get Moving Today! Activity Calendar

Check out the latest version of the Get Moving Today! Activity Calendar in both English and Spanish from SHAPE America – Society of Health and Physical Educators. Each month, you'll find fun ways to help preschoolers be active. The activities are perfect for children to do at home with their families or at daycare! A childcare center can send the calendars home in backpacks, post them on bulletin boards, or feature them in newsletters.

https://healthysd.gov/link_get-moving-today-activity-calendar

