

KID-FIT News



The Quarterly Preschool Physical Education and Fitness Guide

Motor Skills Matter

Master These Motor Skills

Gross Motor

- Marching
- Side Stepping
- Galloping
- Skipping
- Hopping
- Jumping

Sports Skills

- Catching
- Throwing
- Striking
- Rolling
- Bouncing
- Dribbling
- Kicking
- Volleying

How often do you practice gross motor and sports skills with your preschooler? You may think that movements such as galloping, leaping, hopping, throwing and catching will naturally develop in young children over time. But, that's not always the case, at least not according to researchers at Ohio State University.

A recent study published in *Research Quarterly for Exercise and Sport* tested preschool students in state-funded programs serving disadvantaged youth. Results of locomotor and object control skill evaluations showed that 86% of children scored 30% lower than the national average. That's low enough to be considered developmentally delayed. The

469 children studied were mainly minorities with girls performing far worse than the boys on the sports skills.

What does all of this mean for the average preschool child? Regardless of a child's socio-economic status, general movement concepts need to be taught to all preschool children.

Skills such as marching, galloping, skipping, hopping and jumping are important to work on along with the various sports skills such as throwing, kicking, catching, rolling and striking.

Children need help, attention and practice in learning how to move just like they do for all



other skills. When kids aren't able to play outdoors, it's even more important to focus on locomotor and sports movements during or after the school day. It's one of the best ways to get young children moving and keep them moving for a long and healthy life.

Snoring In Preschoolers



Getting adequate sleep is important to both adults and children. How important it is and what factors influence a good night's sleep are continually under study.

One study, conducted by Finnish researchers compared preschool children who snored with those that did not snore.

Published in the current issue of the *Journal of Developmental and Behavioral Pediatrics*, findings suggest that even during early childhood cognitive function can be impacted by snoring. And, it may well increase the odds of a child developing mood disorders.

Preschool children were evaluated at the onset of the study by their parents as to whether they snored a minimum of one to two times a week. Of the preschoolers in the study who snored a minimum of once a week, 22% showed mood problems that recommended further evaluation.

Other differences between the snorers and non-snorers included a shorter attention span and more difficulty with

language skills. Children who snored also suffered a variety of other sleep disturbances along with problems getting to sleep.

If a child seems depressed or anxious, has trouble going to sleep or focusing on a task and/or shows difficulty with language, consider evaluating their sleep behaviors and breathing. It may address a problem that could have lifelong consequences.

Healthy Recipe

Barbecued Chicken Alfredo Pizza

Make one and save one for a quick meal later

2 pkg. active dry yeast, quick rising
1 Tbsp. sugar
2 cups water, warm but not hot
1 Tbsp. margarine or vegetable spread, melted
5 cups flour
1 pkg. Alfredo white sauce mix, prepared with fat free milk and no oil (Knorr Brand)
3 cups low fat mozzarella cheese, shredded
2 cooked skinless chicken breasts, chopped
2 cups cooked and drained spinach

Combine first 4 ingredients and 2 cups flour. Beat until smooth. Add remaining flour and knead dough until smooth but not sticky. Let rest covered until doubled in warm place. Roll out on floured surface into two rounds. Place on pizza pans and rest covered for several hours. Barbecue crust on low heat until bottom is slightly brown (watch carefully). Remove from grill, turn over and top with sauce, cheese, chicken and spinach. Place crust directly on barbecue. Cover and grill until crisp.



Nutritional Information:

Calories per slice(16): 226
Total Fat: 3.5 gms.
Protein: 13 gms.
Carbohydrate: 34 gms.
Sodium: 244 mgs.
Fiber: 2 gms

Fitness Fun

Motor Skill Mania

Follow these fun activities to develop the important gross motor and sports skills discussed earlier.

1. The Bug Trail. Set up an outdoor obstacle course for children to pretend to be their favorite bugs. Use flat markers for stepping stones placed several feet apart, short hurdle using a pvc bar on cones, milk jugs filled with water spaced far apart and a large appliance box or tunnel, (children move

over, under, around and through). Have children leap from the stepping stones, jump the hurdle, skip/gallop around milk jugs and crawl through the tunnel.

2. Roll, Roll, Roll Your Boat. Pretend to be rafting in a canoe. Use a paddling motion to move the canoe around a grassy area. Periodically yell out 'Roll Your Boat' as if the canoe is tipping over. Children drop to the grass and roll until they hear the word 'Paddle', then

all paddle in gentle waters again.

3. The Crowd Goes Wild. Line up on one side of a playground or grassy area. One child at a time picks their favorite sport. Practice the main motion involved (i.e. throwing for baseball, kicking for soccer, punting for football, striking for hockey, etc.). All practice the skill 5 times, then 'The Crowd Goes Wild'! At that time all run down the field and back.

Need more activities? See a new indoor P.E. activity here each month: http://www.kid-fit.com/free_pe_activities.html



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KID-FIT is a subdivision of Aerobic Fitness Consultants, Inc. (AFC), professional health and fitness educators. KID-FIT provides preschool children, their primary caretakers, and educators a structured curriculum for promoting healthy lifestyle habits of regular exercise, sound nutrition and rest starting as young as age 2. Since 1986, AFC has offered adult fitness classes in a studio environment and personal training for various groups and individuals. KID-FIT licensing opportunities are available in the United States and abroad. For more information, call (877) KID-FITT.