



KINDERGARTEN

LET'S GET MOVING!

Physical activity is important for students in kindergarten. It can help with their overall growth and development and sets a strong foundation for healthy habits.

AT SCHOOL >>>

The following tips can help increase physical activity opportunities for students during the school day.

- * **Use cooperative games and activities** that include students of all abilities.
- * **Incorporate movement into transition times**, such as dancing to different centres or walking on tip toes to the bathroom.
- * **Paint lines for playground games**, such as hopscotch and four square, on the pavement.
- * **Use outdoor spaces** for play and lessons.
- * **Invite caregivers who do after-school pickup** to participate in a physical activity with the students at the end of the day.
- * **Consider sharing the tips below** with your students' families to encourage physical activity beyond the school day.

AT HOME >>>>

Kids need to move! Here are some ideas to encourage moving more and sitting less!

- * **Offer opportunities for your child to move** through play, games, and sports.
- * **Be positive and provide on-going encouragement** to your child.
- * **Try using toys to teach physical skills**, such as throwing or kicking a plush toy instead of a ball.
- * **Organize active play dates**, such as a visit to the local playground or splash pad.
- * **Go for a scavenger hunt** around the neighbourhood to find items from nature.
- * **Explore outdoor spaces** and climb on rocks, logs, and trees.
- * **Create family rules** around screen time.