

Eat, Play, Grow! Developing the Whole Child

California Head Start Association - Health Institute 2011



Patty Kimbrell, M.Ed.
 Physical Activity Consultant
 San Diego State University
 (619) 992-7758
www.pkimbrell.com
pkimbrel@mail.sdsu.edu

Promoting Positive Outcomes in Early Childhood Programs Serving Children 3–5 Years Old

Physical Development & Health
 Social & Emotional Development
 Approaches to learning
 Language Development
 Literacy knowledge & Skills
 Mathematics knowledge & Skills
 Science knowledge & Skills
 Creative Arts Expression



PLUS... Logic & Reasoning
 Social Studies knowledge & Skills
 English language Development

Daily Recommendation for PA, Preschool aged children (Active Start Document, NASPE, 2009):

- Accumulate at least 60 min. a day of structured physical activity (PA)
- Engage in at least 60 min. up to several hours per day of unstructured PA and not be sedentary for more than 60 minutes at a time (except sleeping)
- Develop competence in movement skills that are building blocks for more complex movement tasks
- Individuals responsible for the well-being of preschoolers should be aware of the importance of PA and facilitate movement skills

Preschool Movement Foundation:

Traveling Skills/Locomotor Skills
 Stabilizing Skills/Non-Locomotor Skills
 Manipulative Skills/Object Control Skills

Movement Recipe
 Add a little MVPA

Sprinkle in a little nutrition

Mix in school readiness skills

FUN!!!



Resource Information

- www.pkimbrell.com
- ChoosyKids.com
 - Music, DVDs, novelty items
- AbridgeClub.com
 - Music, books, DVDs
- Head Start Child Development and Early Learning Framework link : http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/Assessment/Child%20Outcomes/HS_Revised_Child_Outcomes_Framework.pdf

Did you know?

- ✓ **Competence in motor skills** is one of the most powerful underlying mechanisms influencing engagement and persistence in physical activity.
- ✓ If **children can't** jump, hop, catch, and throw, etc, they will have **limited interest** and opportunities for engagement in childhood games, recreational activities, and sports after early childhood.