



Month 9: Olympics and Heart Health Toddler

We're All Olympians!

Similar to Simon says; ask the preschooler's to mimic different Olympic sporting events. Any sport can be mimicked some examples are: a kayaker (on bottom, doing paddling motion), Cyclist (lie on back and peddle), Speed Skater, Cross Country Skier, Hockey Player shooting, etc.

Lets Be a BOBSLED Team!!

Using several scooter boards have each child sit on a scooter board and try pushing themselves along as a group.

Top of the Podium

Using a set of small stairs, have each child line up and walk up the stairs. When he/she gets to the top have him/her take a bow, arms in the air, jump up and down or whatever they feel a champion does.

Heart Health:

When you're done making those great Valentines cards, take a few extra minutes to tell your kids where their heart is in their bodies. Encourage them to place their hands over their hearts. As children sit quietly, have them place their hands on their chests and see whether they can feel the beat of their hearts. Explain that when we are resting or sleeping, our hearts beat more slowly than when we are being physically active. Ask children to repeat slowly after you: *Thump...thump...thump.*

Ask them to make a fist and tell them that this is the size of their own hearts. Show them your fist and have them compare the differences in heart sizes.

Pathways

Use chairs, cones or other obstacles to create pathways that your child can follow. Masking tape and rope pathways placed in straight lines, turning corners or making curves also provides challenges. Have your child run, skip, or hop along the path. Have the children feel their heart beat before they run through the pathway and again after to see if it's beating faster.

Red Light, Green Light

Follow the traditional Red Light, Green Light game. One child calling Red Light or Green Light and the rest of the children line up on the other side of the gym. For younger children instead of Red and Green use the words "stop" and "go".

Rhythm, Music and Dance

Have fun by singing and dancing with your child. Relax, let your body move to the music. Have your child feel their heart's beating before you begin to dance, and after a few songs stop and have them feel to see if their hearts are beating any faster.

Cookie Monster Tag

In this "chase me" game, you are the "cookie monster" who chases the "cookie" (your child). When you catch her, you give her a hug. Then you become the cookie and your child chases you.

Cooperative Musical Chairs

Place "child-sized" chairs back to back. Have a chair for each child. Children run in one direction around the outside of the chairs to the rhythm of the music. When the music stops, they sit on the closest chair. This game can also be played with carpet squares, pillows, hoops and adult's laps. Remember NOT to remove any of the chairs. To make the game interesting, suggest different ways to move as they go around the outside of the chairs: big steps, little steps, fast, slow, on hands and knees, etc.

References:

Best Start. (2005). Have a ball: A toolkit for physical activity and the early Years. Toronto (ON): Ontario Prevention Clearinghouse.

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