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PRESCHOOL NUTRITION NEWS

UC CalFresh Nutrition Education Program

PRESCHOOL PHYSICAL ACTIVITY

UNIVERSITY OF CALIFORNIA
cal²fresh Nutrition Education



Childhood and adolescence are critical periods for developing movement skills, learning healthy habits, and establishing a firm foundation for lifelong health and well-being. Regular physical activity in children and adolescents promotes health and fitness.

Compared to those who are inactive, physically active youth have higher levels of cardiorespiratory fitness and stronger muscles. They also typically have lower body fat and stronger bones. Physical activity also has brain health benefits for school-aged children, including improved cognition and reduced symptoms of depression. Evidence indicates that both acute bouts and regular moderate-to-vigorous physical activity improve the cognitive

functions of memory, executive function, processing speed, attention, and academic performance for these children.



Preschool-aged children (ages 3 through 5 years) should be encouraged to move and engage in active play as well as in structured activities, such as throwing games and bicycle or tricycle riding. To strengthen bones, young children should

do activities that involve hopping, skipping, jumping, and tumbling.

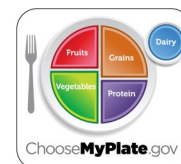
Although the specific amount of activity needed to improve bone health and avoid excess fat in

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More Resources

Visit our website:
<http://ceplacer.ucanr.edu>

You can email a UC CalFresh representative with any questions or information needs. Also, please feel free to share any tips or suggestions you might have with other teachers!

UC CALFRESH CATCH (COORDINATED APPROACH TO CHILDHOOD HEALTH)

The UC CalFresh Nutrition Education Program introduced a physical activity pilot last year with a Placer County Office of Education State Preschool. The pilot is continuing this year with two more sites featuring the curriculum, Early Childhood Education Coordinated Approach to Childhood Health (ECE CATCH). CATCH activities and trainings give teachers the tools needed to increase students moderate to vigorous physical activity. Students are motivated to walk, run, jump, dance, and move their whole bodies while playing and having fun.

ECE CATCH games and activities foster a love of exercise and give preschool-age children the opportunity to refine developing locomotor, non-

locomotor, and manipulative skills. In addition to having structured physical activities for their students, teachers benefit from meeting several of the Desired Results Measurements. The domains include Approaches to Learning-Self Regulation, Cognition, Physical Development-Health, and History-Social Science.

UC CalFresh is excited to continue this pilot, providing a comprehensive approach to nutrition and health education with qualifying preschools in Placer and Nevada Counties.



PRESCHOOL PHYSICAL ACTIVITY (CONTINUED)

(continued from page 1)

young children is not well defined, a reasonable target may be 3 hours per day of activity of all intensities: light, moderate, or vigorous intensity. This is the average amount of activity observed among children of this age.

Key Guidelines for Preschool-Aged Children

- ☺ Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development.
- ☺ Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.

Source: https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

ECE CATCH ACTIVITIES FOR INDOORS

Try these indoor activities when the weather is bad outside.

Go Fish

Skills Emphasized: Locomotor skills, dodging stationary objects

Organization: Students are scattered within a designated activity area, facing the same side (the shore).

Description: Students pretend they are in the ocean and move according to the following verbal commands. Can add music for fun!

GO FISH - Walk, skip, hop, or swim in any direction throughout activity area

ROW YOUR BOAT - Move elbows and arms back and forth in a rowing motion while walking in any direction through activity area

SURF - Stand with one leg in front of the other with arms out and balancing side to side

STING RAY - Arms wide and glide while walking in any direction in activity area

YELL "SHARK" - Everyone run to the nearest sideline (shore) away from the shark in the water and stand on one foot

WAVE IN - March forward toward the designated "shore"

WAVE-OUT - Walk backward toward the sea

LOW TIDE - Duck down and walk toward sea

HIGH TIDE - Walk on tiptoes with arms reached above head toward the shore

Teacher, May I?

Skills Emphasized: Traveling in general space; jumping and landing; locomotor skills; listening to instructions

Organization: Children form a line side by side. Can break into smaller groups to accommodate a larger class. Teacher should stand about 20 feet away.

Description: Give the children an instruction requiring them to move a certain way and a specific number of times. Children should always ask, "Teacher, May I?" before starting tasks. Teachers can reply, "Yes you may." or "No, you may not". If children move without permission, they will have to take 3 giant steps back toward begging position. Teacher should continue game until children reach them.

Take 5 steps on your tip toes

Take 3 jumps backward

Turn around 2 times

Touch your toes and then reach for the sky

Take 4 giant steps forward and put 2 fingers on your nose

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Follow us on:



[http://twitter.com/
LetsEatHealthy](http://twitter.com/LetsEatHealthy)

These curricula are available to teachers participating in the UC CalFresh Program.

Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4- to 6-Year Olds

Combines stories and literacy with nutrition education for Preschool and Pre-Kindergarten.

Go Glow Grow

A preschool curriculum that teaches about healthy foods and what they do for the body.

Parent Workshops

Fun, interactive parent workshops are available. Please call for more information.

CINDY FAKE
County Director

MICHELE FISCH
UC CalFresh Nutrition Educator

The UC CalFresh Nutrition Education Program targets schools and community programs with large numbers of children from food stamp households. Teachers, youth program leaders, and other extenders at the sites are trained to deliver a nutrition education program targeted to youth audiences. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

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