



303 Preschooler-Approved Exercises and Active Games

By Kimberly Wechsler

Hunter House Publishers. Paperback. Book Condition: New. Michael Sleva (illustrator). Paperback. 168 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. 303 Preschooler-Approved Exercises and Active Games is written specifically for children ages 2-5 years old. In the Building Blocks of Fitness section, each fitness and sport skill is taught in different stages. This allows teachers, counselors, or parents to teach their preschooler a skill that sets the foundation of a more difficult skill; the next level adds a new and more complex element. By doing this, the preschool child will be safe and will feel confident about themselves. Children will learn: Sportsmanship Socialization skills Self-control How to focus and follow rules How to share Reasoning and thinking skills The preschool years are filled with milestones and major physical changes; young children will develop physically, intellectually, emotionally, and socially. During this time, lifestyle behaviors begin to emerge that can define a pattern of behaviors all the way through adulthood. It is vital to a child's health to instill healthy lifestyle habits, behaviors, and disciplines during these young years. Through creative physical activities and easy-to-follow guidelines, this book will teach families how to navigate their dynamic and hectic lifestyles into a healthy and active lifestyle....

[DOWNLOAD](#)



[READ ONLINE](#)

[8.32 MB]

Reviews

Comprehensive information! Its this type of very good read. It is written in basic words instead of hard to understand. You are going to like how the article writer compose this pdf.

-- *Mabel Corwin*

It in just one of the best ebook. I could possibly comprehended everything using this written e ebook. You wont feel monotony at whenever you want of your time (that's what catalogs are for regarding should you check with me).

-- *Dayana Brekke Sr.*

Related PDFs



[DK Readers Animal Hospital Level 2 Beginning to Read Alone](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in. This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



[Lans Plant Readers Clubhouse Level 1](#)

Barron's Educational Series. Paperback. Book Condition: New. Paperback. 24 pages. Dimensions: 8.9in. x 5.7in. x 0.3in. This is volume six, Reading Level 1, in a comprehensive program (Levels 1 and 2) for beginning readers. Two nine-book sets teach reading to children from preschool to...



[DK Readers Invaders From Outer Space Level 3 Reading Alone](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in. Are aliens from other planets visiting Earth? Read these amazing stories of alien encounters -- and make up your own mind! The 48-page Level 3 books, designed for...



[DK Readers Duckling Days](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.9in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. Six ducklings follow mother duck everywhere. One day soon they'll have to stand on...



[The Day I Forgot to Pray](#)

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



[DK Readers Day at Greenhill Farm Level 1 Beginning to Read](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...