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MOVING AND GROOVING: MOTOR SKILLS AND MOVEMENT ONLINE CLASS (2 clock hours)

CLASS DESCRIPTION: It is widely recognized that children need to have a lot of physical activity. Now, more than ever, childhood obesity is a concern. This class explores the benefits of movement in the classroom, as well as how to promote motor development. Discover how children can learn better by moving too.

LEARNING OBJECTIVES: As a result of this training, participants will be able to:

- List reasons why movement and physical activity are important for young children
- Define the three principles of motor development
- Identify the 2 types of motor skills and learn how to promote them
- List 4 categories of movement and give examples of how to promote them in your program
- Give examples of how movement can reinforce content mastery of other subjects
- List new creative movement ideas

WHAT OTHERS ARE SAYING:

I liked learning about the different categories and how to promote the different motor skills.

– Lesley P., NV

It was helpful to have the breakdown of each activity, so that I will easily be able to implement it in my own classroom.

– Mamak G., GA

I enjoyed the ideas provided for creative & cooperative games.

– Julie N., GA

I loved the videos! It was great to see the words in action!! Most of this information is something I have learned along the way, but it was very refreshing to see how many ways physical activity benefits the children. – Lori A., NE