

Exercise and Fitness Theme for Preschool

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Preschool Fitness and Exercise is something we should all focus on throughout the year. [1 out of 5 preschool children are in what is considered the "obesity" range](#) regarding their weight. Preschool fitness needs to be a priority in our classrooms. Let's get them moving! *Disclaimer: You may print and use this product for your own personal or classroom use, however, you may NOT post this on your blog, website or other place for free distribution. Please direct others interested in this product to [Preschool Plan It here](#) for more information!* Graphics for some of these activities were created by [Clip Art by Rebekah Brock](#) and [My Cute Graphics](#)

PRESCHOOL PLAN IT STANDARDS

Preschool Plan It, Inc. is the "My Standard and Reference" column, where you rate or program's equivalent of the standard listed to the left. When completed, print and laminate for quick reference when using these from the Preschool Cubby.

| Approaches to Learning (ATL) | ART Standard & Reference | 22 MAT |
|--|--------------------------|--|
| 2.ATL Developing fine motor control & following a sequence of steps to complete a task. | 22 MAT | Developing ability to measure value of objects using their different attributes (length, weight, size, etc.) |
| 3.ATL Developing ability and self-direction to set and follow through with goals to complete a task or task. | 23 MAT | Developing ability to identify, compare, sort and order a wide variety of objects by different attributes. |
| 4.ATL Social and Emotional Development (SED) | 24 MAT | Identifies how shapes and beginning to identify their parts. |
| 4.SED Engage in positive relationships and interactions with others and balance needs of others and self. | 25 MAT | Developing understanding of initiation & position language (I, you, up, down, inside, out, front and back, over, under, on, off, etc.) |
| 5.SED Engage in positive relationships and interactions in socially appropriate manner with interest and respect with peers. | 26 MAT | Developing understanding of initiation & position language (I, you, up, down, inside, out, front and back, over, under, on, off, etc.) |
| 6.SED Demonstrate increasing ability to self-regulate impulses and emotions, adapt to transitions after experiencing change. | 27 SED | Developing understanding of initiation & position language (I, you, up, down, inside, out, front and back, over, under, on, off, etc.) |
| 7.SED Demonstrate ability to act for as well as other help when needed. | 28 SED | Developing understanding of initiation & position language (I, you, up, down, inside, out, front and back, over, under, on, off, etc.) |
| 8.SED | 29 SED | Developing understanding of initiation & position language (I, you, up, down, inside, out, front and back, over, under, on, off, etc.) |
| Physical Development & Health (PDH) | 30 SED | Developing understanding of initiation & position language (I, you, up, down, inside, out, front and back, over, under, on, off, etc.) |
| 9.PDH Developing large muscle coordination and control through activities such as walking, running, jumping, etc. | 31 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
| 10.PDH Developing fine motor control and beginning skills through activities such as cutting, drawing, writing, etc. | 32 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
| 11.PDH Participate in structured and unstructured activities. | 33 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
| 12.PDH Developing large muscle control and beginning skills through activities such as walking, running, jumping, etc. | 34 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
| 13.PDH Develop ability to self-regulate impulses and emotions, adapt to transitions after experiencing change. | 35 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
| 14.PDH Develop ability to self-regulate impulses and emotions, adapt to transitions after experiencing change. | 36 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
| 15.PDH Develop ability to self-regulate impulses and emotions, adapt to transitions after experiencing change. | 37 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
| 16.PDH Develop ability to self-regulate impulses and emotions, adapt to transitions after experiencing change. | 38 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
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| 18.PDH Develop ability to self-regulate impulses and emotions, adapt to transitions after experiencing change. | 40 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
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| 30.PDH Develop ability to self-regulate impulses and emotions, adapt to transitions after experiencing change. | 52 ART | Identify shape & use a variety of materials to make an creation to identify shape, length, weight, etc. |
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DISCLAIMER: These standards were developed based on research of the standards used in the early childhood field such as Head Start, DAP, NAEYC, etc. as well as any state established preschool development level outcomes. © Copyright Preschool Plan It, Inc. www.preschool-plan-it.com

Using the Standards Conversion Chart

1. Type in each of your program's equivalent standards next to my standard.
2. Save to your computer.
3. Refer to this chart each time you use a theme from Preschool Cubby

Using the Weekly and Daily Planning Forms

In the weekly planning form, ALL of the boxes are editable! Simply print as they are OR move activities to the days you want them or replace activities with your own!

You'll find my standards listed under each activity. This is where you will enter YOUR program's standards (that you added to the Conversion Chart)

1. Refer to the conversion chart you completed and look up my Standard Letter/Number.
2. Replace that letter and number with YOUR program's equivalent that you typed into the Conversion Chart.
3. Print!

The Weekly AND Daily Planning forms are both 100% editable so you can move the activities to the days you want to do them or even replace them with your own activities! (If you do that-be sure to change them on the daily planning forms as well AND replace the standards in that box with the correct standards for the activity you have replaced mine with!)

NOTE: The blue areas will NOT print blue, don't worry! Those areas are the "editable areas". They will print with a white background when you print!

All About Me WEEKLY PLANNER

| | CIRCLE | ART | MONTH & NUMERALS | SCIENCE | SMALL GROUP | MUSIC & MOVE | GROSS MOTOR | STORY TIME |
|-------------|--|--|--|--|--|--|---|--|
| MON | Who's Name Name Tag Creation 1 ATL, 1 SED, 15 PDH, 18 SSK, 23-26 MAT, 27 SED, 29 SED, 31 ART | Who is 18 1 ATL, 1 SED, 15 PDH, 18 SSK, 23-26 MAT, 27 SED, 29 SED, 31 ART | I Can Make Shapes 8, 11, 15, 18 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Hmmm... & Journal 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Mobile Playdough 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Move To The Beat 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Getting Dressed 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | 1:00 Min By Henry Carter 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART |
| TUES | Eye Color Charting 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Colorful Center Painting 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Thumbprints 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Thumbprints 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How Many Bubbles 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How Many Bubbles 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How Many Bubbles 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How Many Bubbles 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART |
| WED | Getting To Know Us 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Crayon Race 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Pin the Head Game 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Hmmm Part 2 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Thumb Print Center 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Head, Shoulders, Knees and Toes 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Chalk Tracing 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | My Book About Me 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART |
| THU | Show & Tell Day 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Thumb Print Finger painting 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Hmmm Part 2-continued 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Hmmm Part 2-continued 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Copy Me 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | Name Game Ball 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How I'm Big 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How I'm Big 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART |
| FRI | Who is This? 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | What I Like 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How Many Bubbles? 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | About Me 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | If You're Happy and You Know It 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How I'm Big 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How I'm Big 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART | How I'm Big 1 ATL, 1 SED, 15 PDH, 23-26 MAT, 27 SED, 29 SED, 31 ART |

SUGGESTED CHANGES TO INTEREST CENTERS FOR THE WEEK

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| Block Center: My House: Encourage the children to build their house out of the blocks in your block area. 1 ATL; 13-14 PDH; 18 SSK; 23-26 MAT; 28 & 30 SCI | Dramatic Play Center: Housekeeping: This theme is perfect for your basic housekeeping center. It allows the children to be the grown-ups and to share and learn more about each other! 1 ATL; 10 & 17 PDH; 18 & 19 SSK; 32 ART; 36 LLD; 45 ELD | Shape Faces: Provide different shaped paper for the children to choose from (circles, ovals, squares, etc.) to paint details of their face of friends' faces and hair on their shape. 13-15 PDH; 25 MAT; 28 SCI; 31 ART; 36 LLD |
| Literacy in the Library: Print and laminate 2 sets of the Activity mat letters from this packet. Several uses on that page! 41, 42 LLD | Sensory (Sand/Water Table): Bath Time: Add soapy water to your table along with baby dishes, wash cloths (and towels). VARIATION: Add dishes, cups, etc. to your table with sponges and towels! 17 PDH; 19 SSK; 27, 28 & 30 SCI | Writing Center: Hand Prints: Have the children trace their hand and encourage them to print their name on it as best they can. They can compare the size of their hand print to other's handprints. Encourage them to try to cut out their handprints as well. 13-15 PDH; 41-49 LLD |



WEEKLY PLANNER

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| <i>Standards</i> | | | | | | | | |
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SUGGESTED CHANGES TO INTEREST CENTERS FOR THE WEEK

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Calendar Pieces Exercise & Fitness Theme ABC Pattern



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Calendar Pieces Exercise & Fitness Theme ABC Pattern



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Calendar Pieces Exercise & Fitness Theme ABC Pattern



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Calendar Pieces Exercise & Fitness Theme ABC Pattern



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Calendar Pieces Exercise & Fitness Theme ABC Pattern



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The blank card below is to add the month you would like!

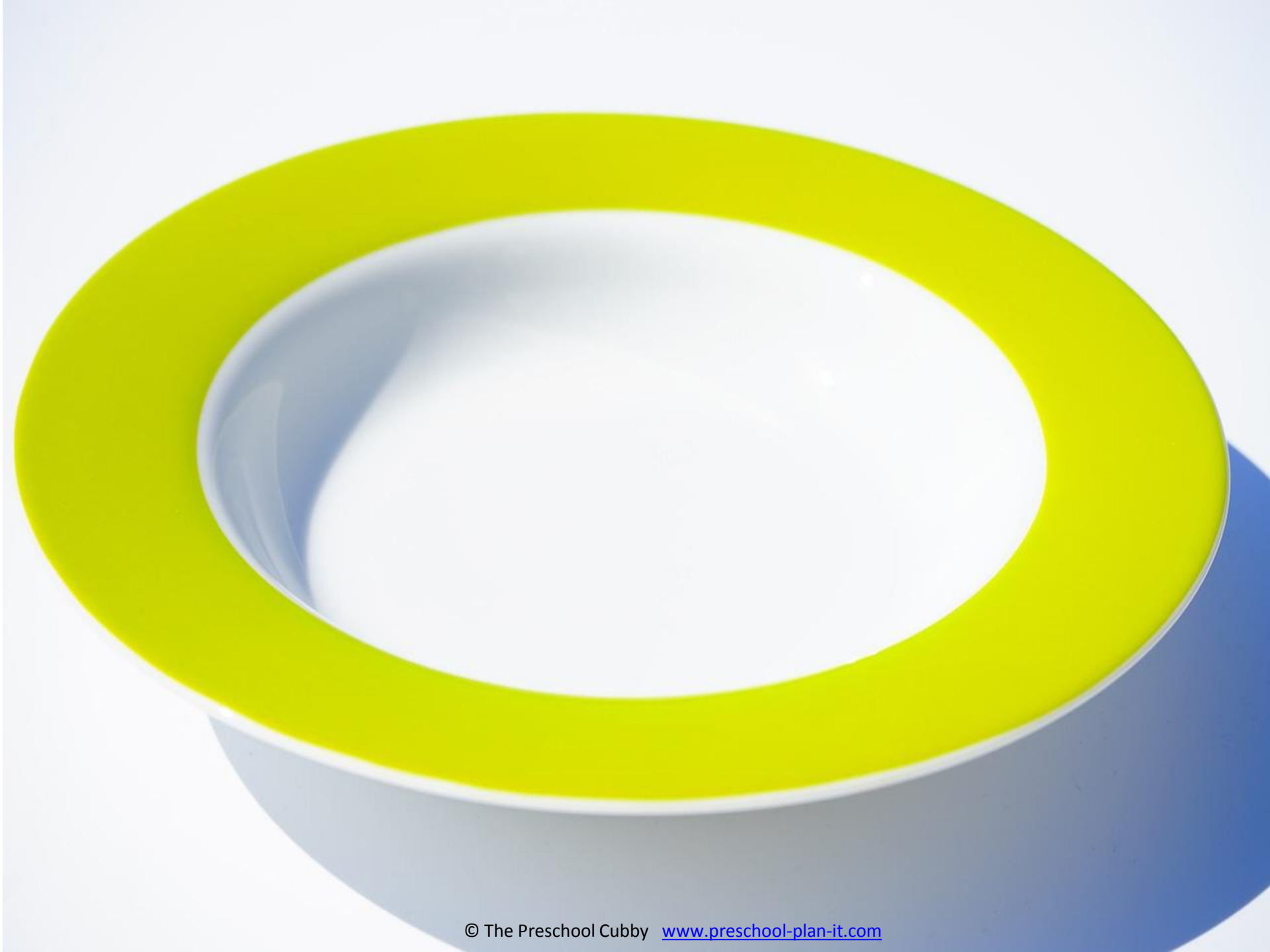
Simply cut out, laminate and print the month's name with a dry erase marker so that you can erase and use whenever you like throughout the year.



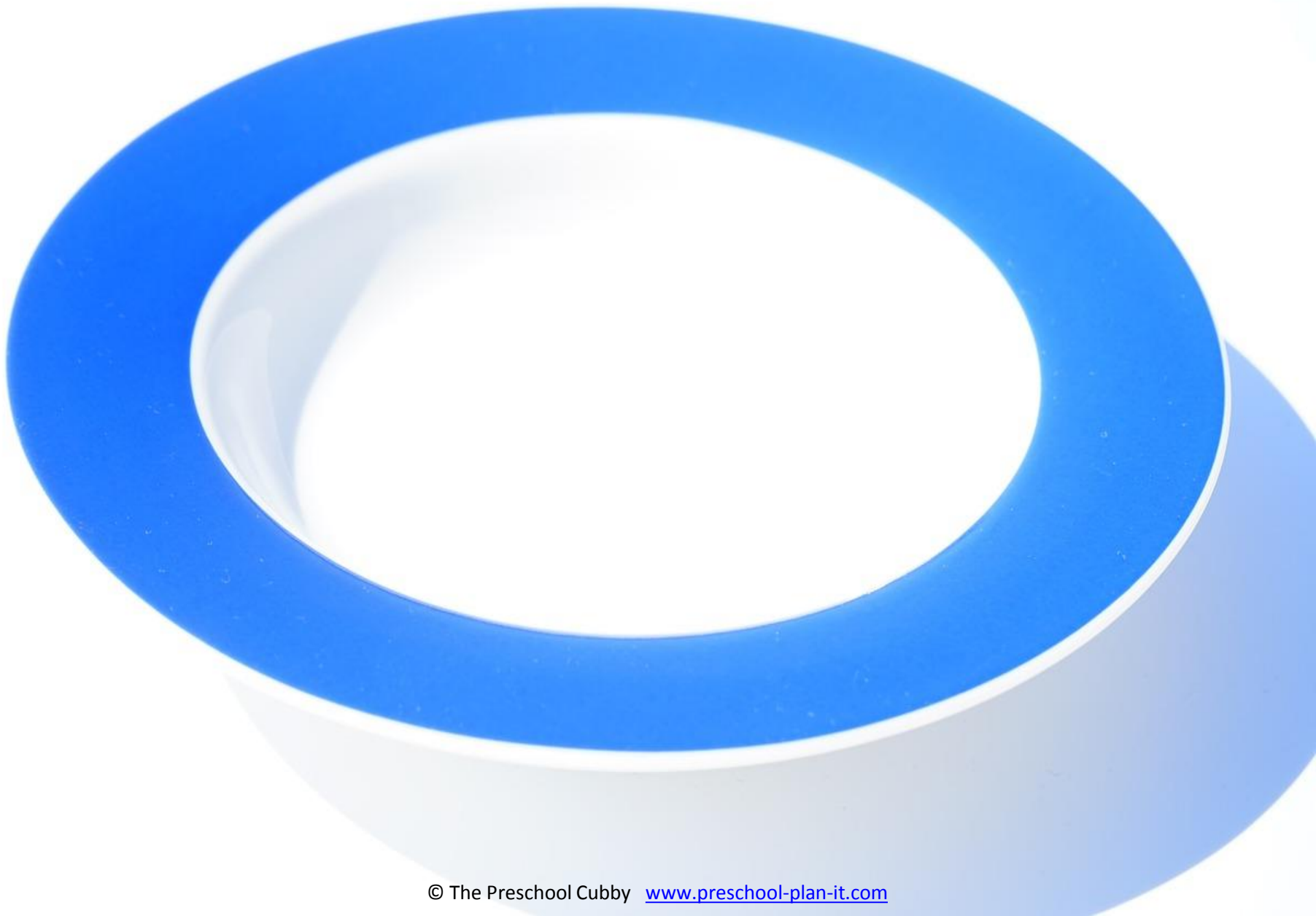
Preschool Fitness and Health Plates

1. Print the following plate/dish mats.
2. Laminate.
3. Provide dry erase markers for the children to draw their favorite meals.
4. Encourage them to discuss which types of foods are good for their bodies.

VARIATION: Also provide real plates/dishes and playdough for children to create their favorite foods in!



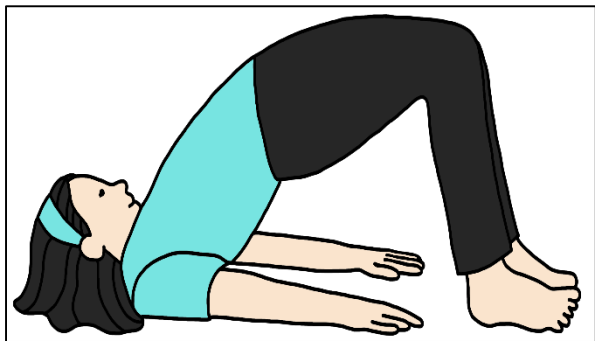




Preschool Yoga Card Matching Game

1. Print out 2 copies of the following pages.
2. Cut out the pictures and print the names of the poses on the back of each picture.
3. Laminate the cards.
4. Provide the cards for the children to match by picture or by matching the printed word(s).
5. Also encourage them to name the poses and practice them!

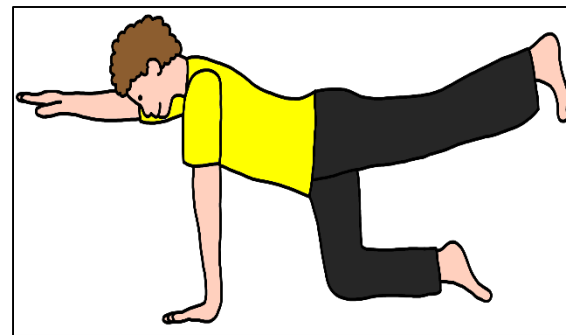
EXTENSION: Use these cards to show the children and lead them in some Preschool Yoga moves either at Circle Time or Music/Movement Time!



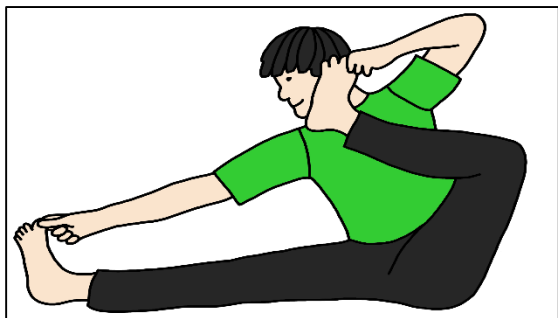
bridge



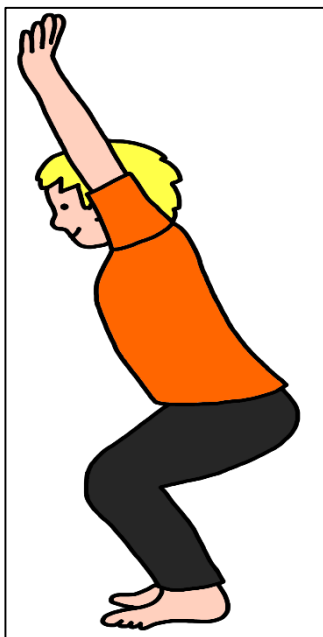
airplane



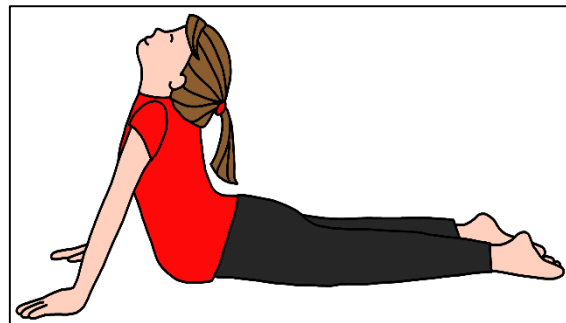
balancing table



archer



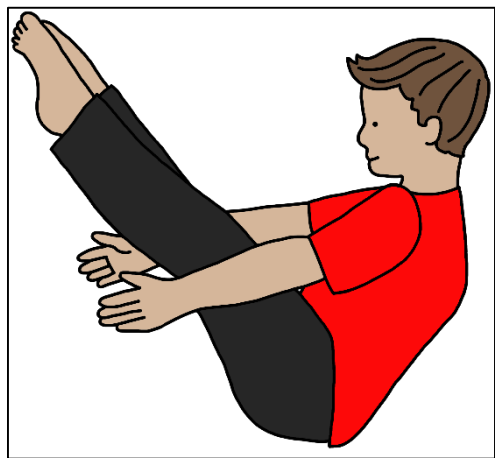
chair



cobra



camel



boat



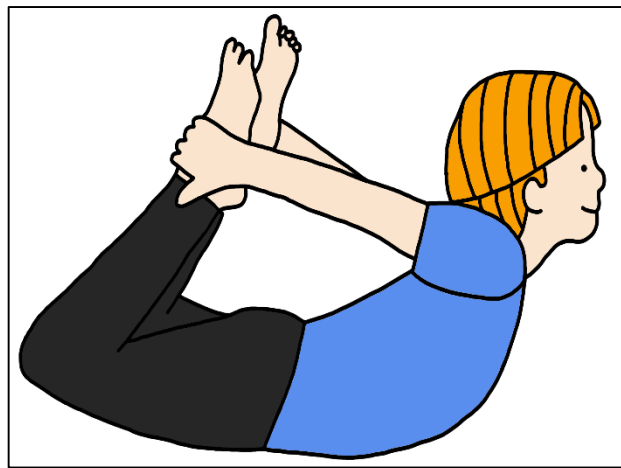
frog



butterfly



cat



bow

Playdough Recipe

4 c (1000 mg) flour

2 Tbsp. (30 ml) oil

food coloring

1 ½ c (375 mg) salt

1 c (250 ml) water

1. Add food coloring to water.
2. Add oil.
3. In separate bowl, mix flour and salt.
4. Add to wet ingredients. Mix, knead and play!
5. Make several fall colors!

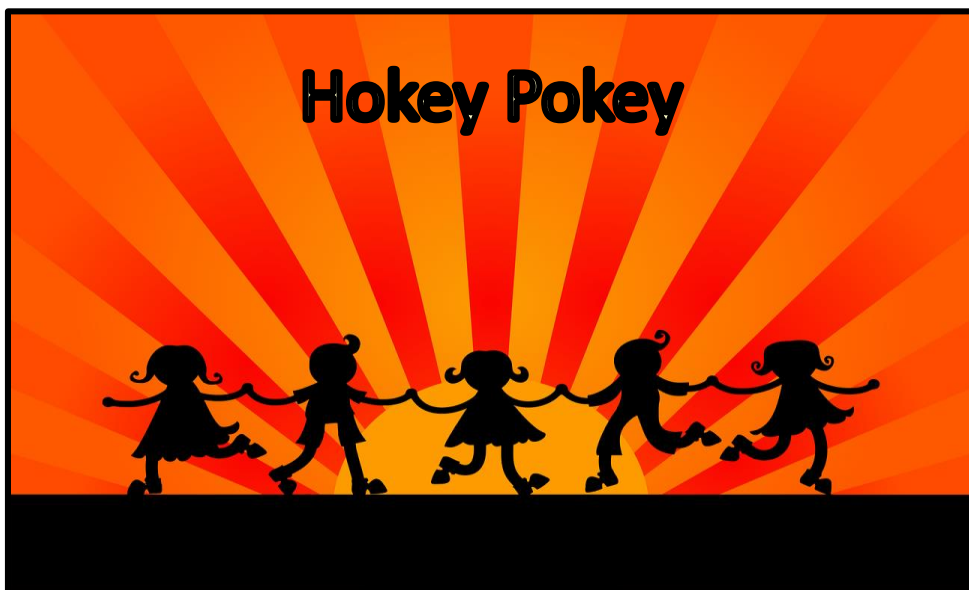
Song Card & Song Poster

How to use:

- Print and laminate the song card below (it is 5" X 3").
- Place in a can or box with other cards of songs your children love!
- In transitional times (waiting to go outside or wash hands, etc.), pull out your song box or song can (I use a decorated coffee can!).
- Shuffle the cards in your hands saying "Shuffle, shuffle, shuffle" and your children yell "STOP"!
- When they yell stop, whichever card is on top is the one you sing! The kids LOVE this!

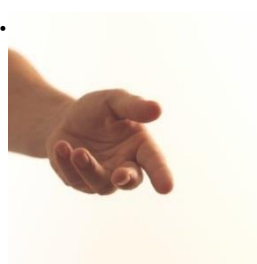
Each month you'll receive one of these cards that correspond with the song poster for the month to add to your Song Card Collection!

On the next page, you'll find the Song Poster! Print and laminate for use over the years!



Hokey Pokey

You put your right hand in. You put your right hand out.
You put your right hand in and you shake it all about.
You do the Hokey Pokey and you turn yourself around.
That's what it's all about!

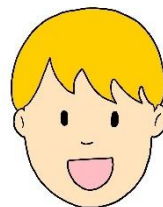


You put your left hand in. You put your left hand out.
You put your left hand in and you shake it all about.
You do the Hokey Pokey and you turn yourself around.
That's what it's all about!

You put your right foot in. You put your right foot out.
You put your right foot in and you shake it all about.
You do the Hokey Pokey and you turn yourself around.
That's what it's all about!



You put your left foot in. You put your left foot out.
You put your left foot in and you shake it all about.
You do the Hokey Pokey and you turn yourself around.
That's what it's all about!



You put your head in. You put your head out.
You put your head in and you shake it all about.
You do the Hokey Pokey and you turn yourself around.
That's what it's all about!



You put your back side in. You put your back side out.
You put your back side in and you shake it all about.
You do the Hokey Pokey and you turn yourself around.
That's what it's all about!

You put your whole self in. You put your whole self out.
You put your whole self in and you shake it all about.
You do the Hokey Pokey and you turn yourself around.
That's what it's all about!

