

# Families: Learning and Playing Together!

## San Diego Prevention Research Center Conference



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### Movement & Learning Involves:

- School readiness skills
- Motor skills for development
- Music, literature & nutrition integration



### School Readiness Skill:

- Math—Study of Shapes and Sizes
- Involves:
  - Comparison
  - Sorting
  - Patterns
  - Sequences
  - Graphing



## The Nationwide Health Crisis

- The percentage of overweight and obese children has more than tripled in the last 30 years.
- Incidence of Type 2 Diabetes has increased in the past 15 years. 1 in 3 children will develop Type 2 Diabetes in the future!
- 400,000 deaths annually are due to physical inactivity and poor diet (*JAMA, 2004*)
- 25% of young people do not participate in physical activity
- Children born in 2001, first generation of shortened life span



### Did You Know?



1. "Screen" Time = TV, computers, Game Boys, PlayStations, etc.
2. Young children watch up to 28 hours of television a week
3. Unhealthy snacks are consumed when watching TV
4. Limit Screen time! Get up and MOVE!

↳ Check out [www.pkimbrell.com](http://www.pkimbrell.com) for free download resources (Nutrition Book and Action Book lists for children, fruit and vegetable stencils, visual cue cards, and more!)

## Daily Recommendation for Physical Activity, Preschool aged children (Active Start Document, NASPE):

- Accumulate at least 60 min. a day of structured physical activity (PA).
- Engage in at least 60 min. up to several hours per day of unstructured PA and not be sedentary for more than 60 minutes at a time (except sleeping).
- Develop competence in movement skills that are building blocks for more complex movement tasks.
- Individuals responsible for the well-being of preschoolers should be aware of the importance of PA and facilitate movement skills.

## Locomotor

### Skills

Walk  
Tip-toe  
Run  
Jump  
Hop  
Gallop  
Side-Step  
Skip  
Leap  
Etc.



Take a parent for a walk!

## Music List

- Song: *Build A Bridge*  
CD: *Smart Moves 2*
- Song: *Shake, Mix, Pound, Roll*  
CD: *Smart & Tasty 1*
- Song: *Toss & Catch*  
CD: *Smart Moves 3*
- Song: *Go! Whoa!*  
CD: *Smart & Tasty 2*
- Song: *In My Body*  
CD: *Smart Moves 1*
- Song: *Crave Your F.A.V.*  
CD: *Choosy Kids*



## Resource Information

- [www.pkimbrell.com](http://www.pkimbrell.com)  
Free downloadable documents
- [AbridgeClub.com](http://AbridgeClub.com)  
Music, books, videos
- [ChoosyKids.com](http://ChoosyKids.com)  
Music, videos, etc.
- [CCWSD.org](http://CCWSD.org)  
Free downloadable documents
- Active Start Document  
[AAHPERD.org](http://AAHPERD.org) (NASPE)
- Food For Thought  
ISBN #0-439-11018-1

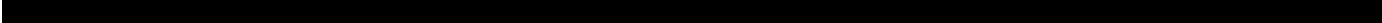


# Homemade Equipment

<u>Item:</u>	<u>New Equipment:</u>	<u>Instructions/Description/Uses:</u>
Sponges	Spongeballs	<i>Cut into strips, gather 10-12 strips, use zip ties to secure. Or, leave sponge whole, use to identify personal space, practice locomotor skills or use in an obstacle course.</i>
Yarn	Yarn balls	<i>Wrap 200 times around a piece of cardboard, remove, secure w/ zip tie, cut ends. Use for games that require light weight balls.</i>
Party Streamers/ Ribbons	Wands	<i>Secure streamer paper to 12" dowel w/ staple. Make one for each in hand if possible, develops laterality. Explore, experiment, and dance to music.</i>
Gallon jugs (Plastic)	Scoops	<i>Cut off bottoms, secure w/ electrical tape. Play with tennis balls/koosh balls/small balls.</i>
Film Containers	Shakers	<i>Fill w/ small beans or dried pasta, secure top as needed. Shake like maracas, play with music.</i>
Large tumblers	Scoops	Play with tennis/ping pong/koosh/yarn balls/etc.
Lids or Foamies or	Polyspots	To define personal space for children. Increase spatial awareness, practice locomotor skills, make patterns.
Tongue Depressors	Manipulative	Used to push different objects around - balloons, balls (yarn, sponge, fluff), etc.
Beach Balls	Ball play	Inflate balls for tossing, throwing, catching, kicking, striking play
Stuffed Animals or Beany Babies	Ball play	Use for practice of hand-eye coordination: tossing, throwing, and catching
Old Paint Brushes	Design Maker	Using old paint brush and some water, create shapes, pathways, etc. on sidewalks or driveways to jump over/in/go around, etc.
Other Items Stuffed Animals Cottonballs	Relay races or Obstacle Course	Use objects generally found around the home, play relays of different types (use siblings for more fun!) or create an obstacle course from any of the above items. Also use household items (i.e., chairs to climb to jump over, boxes to crawl into/out of, under/over/between, tables to crawl under, pillows to jump over, etc.)

**Early Childhood Music & Resources**

<i>Type</i>	<i>Title</i>	<i>Retail</i>	<i>Qty</i>	<i>DUE</i>
CD—Music	<i>Smart Moves 1: Tots thru Pre-K</i>	\$14.99	_____	\$ _____
CD—Music	<i>Smart Moves 2: Preschool thru 1st</i>	\$14.99	_____	\$ _____
CD—Music	<i>Smart Moves 3: Early Childhood</i>	\$14.99	_____	\$ _____
CD—Music	<i>Smart &amp; Tasty 1: Good Food Tunes</i>	\$14.99	_____	\$ _____
CD—Music	<i>Smart &amp; Tasty 2: Good Food Tunes</i>	\$14.99	_____	\$ _____
CD—Music	<i>Bugsters Tunes &amp; Tales</i>	\$14.99	_____	\$ _____
VIDEO-VHS	<i>Have Fun &amp; Be Active—English</i>	\$9.99	_____	\$ _____
VIDEO-DVD	<i>Have Fun &amp; Be Active—Eng &amp; Spanish</i>	\$9.99	_____	\$ _____
ACTIVITY GUIDE	<i>Have Fun &amp; Be Active—Color</i>	\$14.99	_____	\$ _____
RESOURCE BOOK	<i>Smart &amp; Tasty 1—Color</i>	\$14.99	_____	\$ _____
CURRICULUM	<i>Smart Moves! Level 1—Color</i>	\$24.99	_____	\$ _____
CURRICULUM	<i>Smart Moves! Level 2—Color</i>	\$24.99	_____	\$ _____
MINI BOOK	<i>Quick Play for Smart Moves 1!</i>	\$8.99	_____	\$ _____
MINI BOOK	<i>Quick Play for Smart Moves 2!</i>	\$8.99	_____	\$ _____
MINI BOOK	<i>Quick Play for Smart Moves 3!</i>	\$8.99	_____	\$ _____



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