

The Adventure Preschool's

Fit n Fun

with
Rita Lengua

Our goal is to encourage our students to develop their physical and cognitive skills through play. Our physical fitness program offers a full range of fun and exciting games designed to improve health and teach basic preschool skills.

Activity / Variations	Physical Benefits	Cognitive Benefits
Throwing Bean Bag Toss Beach Ball Throw Beach Blanket Catch	Develop upper body strength Enhance balance Improve hand eye coordination	Color recognition Language development (i.e. understanding positional words) Spatial awareness Improve concentration
Parachute Play Popcorn Balls Parachute Squats Hiding in the Tent Motor Boat Song*	Develop upper and lower body strength Develop abdominal and back muscles *Incorporates interval running	Learn to follow directions Number value Color recognition Teaches social skills
Hula Hoops Jumping In Going Through	Develop upper and lower body strength Enhance balance Learn safe jumping and landing skills	Language development Spatial awareness Learn to follow directions
Balance Beam	Enhance balance Improve coordination	Spatial awareness Depth perception Pre reading skill (left to right)
Cones Catching Cones Obstacle Course Memory Cones	Improve hand eye coordination Develop upper body strength	Depth perception Spatial awareness Number value and recognition Color recognition Learn to follow directions Improve memory skills

Scooterboards	<p>Develop upper and lower body strength</p> <p>Develop abdominal and back muscles</p> <p>Enhance balance</p> <p>Improve coordination</p>	<p>Depth perception</p> <p>Spatial awareness</p> <p>Learn to follow directions</p> <p>Learn “left” and “right”</p>
Jump Rope Rope on the floor	<p>Develop upper and lower body strength</p> <p>Develop abdominal and back muscles</p> <p>Enhance balance</p> <p>Improve coordination</p>	<p>Depth perception</p> <p>Spatial awareness</p> <p>Learn to follow directions</p> <p>Language development</p>
Golf	<p>Develop upper body strength</p> <p>Develop abdominal and back muscles</p> <p>Enhance balance</p> <p>Improve hand eye coordination</p> <p>Learn proper form</p> <p>Crosses the midline (enhancing fine motor skills)</p>	<p>Depth perception</p> <p>Spatial awareness</p> <p>Learn to follow directions</p> <p>Language development</p> <p>Number value</p> <p>Improve concentration</p>
Baseball	<p>Develop upper and lower body strength</p> <p>Develop abdominal and back muscles</p> <p>Improve hand eye coordination</p> <p>Learn proper form</p> <p>Crosses the midline</p> <p>Interval running</p>	<p>Depth perception</p> <p>Spatial awareness</p> <p>Learn to follow directions</p> <p>Language development</p> <p>Number value</p> <p>Number sequencing</p>
Soccer	<p>Develop upper and lower body strength</p> <p>Develop abdominal and back muscles</p> <p>Improve coordination</p> <p>Learn proper form</p> <p>Crosses the midline</p> <p>Interval running</p>	<p>Teaches social skills</p> <p>Depth perception</p> <p>Spatial awareness</p> <p>Learn to follow directions</p> <p>Language development</p> <p>Number value</p>

Red light, Green light	Improve coordination	Spatial awareness Learn to follow directions Language development Color recognition Learn “opposites” Improve concentration
Color Squares	Improve coordination	Color recognition Learn to follow directions Teaches social skills Shape recognition Learn “matching” Improve concentration
Bowling	Develop upper and lower body strength Develop abdominal and back muscles Improve coordination Learn proper form Crosses the midline Improve hand eye coordination	Teaches social skills Depth perception Spatial awareness Improve concentration Number value
Bubbles	Crosses the midline Improve hand eye coordination	Depth perception Spatial awareness Improve concentration Language development
Tunnel In and Out Balls in a Tunnel	Develop upper and lower body strength Develop abdominal and back muscles Improve coordination	Depth perception Spatial awareness Language development
Ice Skating Plate Skating Sock Skating	Develop upper and lower body strength Develop abdominal and back muscles Improve coordination Enhance dynamic balance	Depth perception Spatial awareness Improve concentration

Incorporating physical activity, additional props, and different styles of music while learning preschool skills stimulates multiple senses and helps to incorporate the knowledge to the brain, as well as making it fun. **Fit n Fun.**

About the speaker:

Rita Lengua teaches Fit n Fun for the Mother's Day Out and Building Bridges classes at The Adventure Preschool. She is married and has two children. After graduating from high school she joined the United States Army Reserves and proudly served her country for eight years.

Ms. Rita, as her students know her, began teaching and directing Gymboree Play and Music nine years ago. She leads their parent and child assisted play program, which focuses on language development, cognitive and physical skills, and school preparedness. She also orchestrates and heads birthday parties which focuses on, you guessed it, play.

Rita is passionate about enriching the lives of children. Her commitment to instill a love of physical fitness, a strong self-esteem, and help her pupils ready themselves for preschool is evident in the engaging and exciting classes she teaches.