

# 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.

### **Throwing**

Bean Bag Toss

Beach Ball Throw

Beach Blanket Catch

### **Parachute Play**

Popcorn Balls

Parachute Squats

Hiding in the Tent

Motor Boat Song

### **Hula Hoops**

Jumping In

Going Through

### **Balance Beam**

### **Cones**

Catching Cones

Obstacle Course

Memory Cones

### **Scooterboards**

### **Jump Rope**

Rope on the floor

### **Golf**

### **Baseball**

### **Soccer**

Red light, Green light

Color Squares

### **Bowling**

### **Bubbles**

### **Tunnel**

In and Out

Balls in a Tunnel

### **Ice Skating**

Plate Skating

Sock Skating

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.