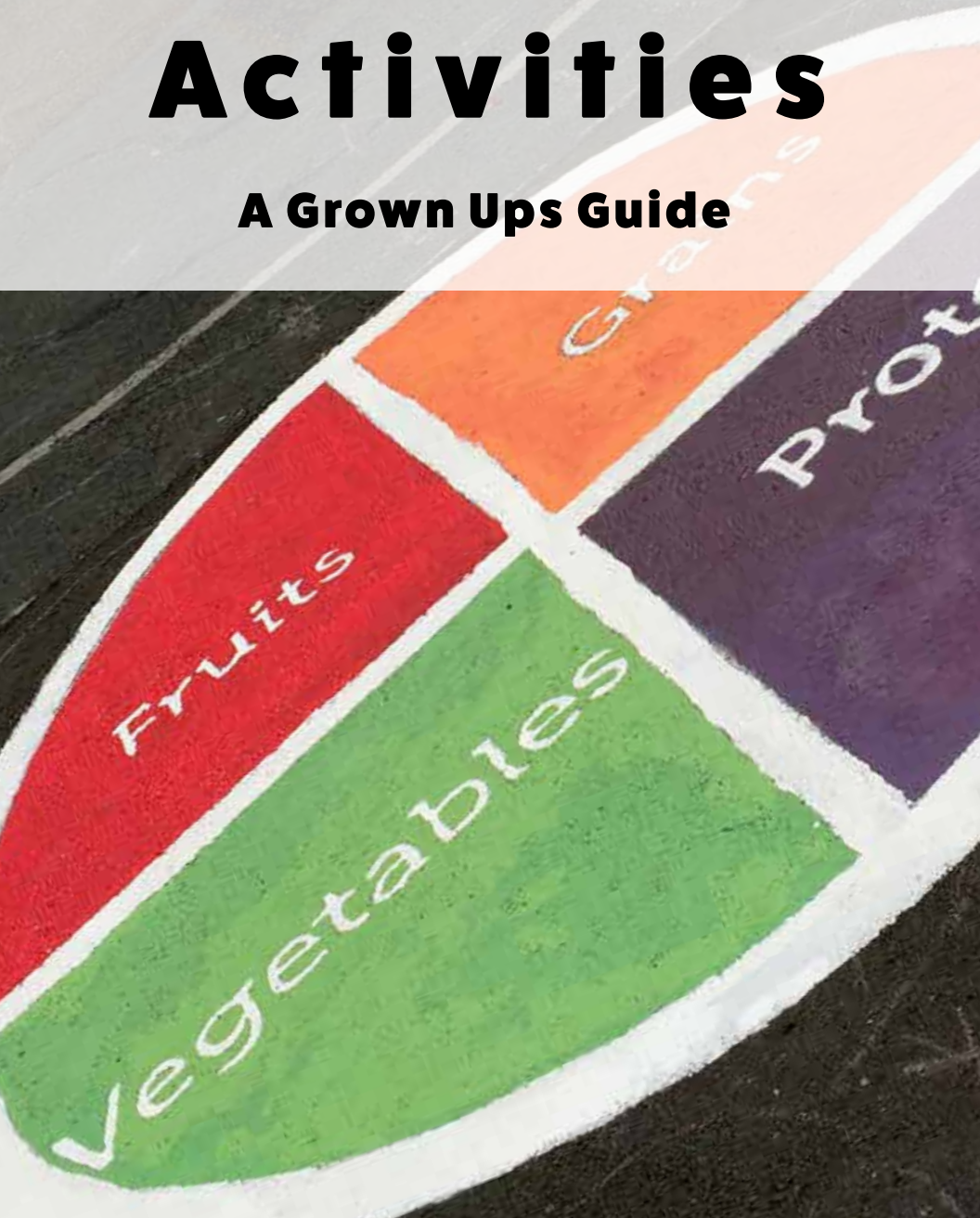


Stencil Art Activities

A Grown Ups Guide



Measures at-a-Glance

For use with preschool-age children

ALT-REG

- Shared use of Space

SED

- Symbolic & Socio-Dramatic Play

LLD

- Comprehension of Age Appropriate Text
- Letter & Word Knowledge

ELD

- Symbol, Letter, & Print Knowledge in English

COG-MS

- Number Sense of Quantity
- Patterning
- Shapes

PD-HLTH

- Perceptual-Motor Skills & Movement Concepts
 - Gross Locomotor Skills
 - Safety
 - Active Physical Play
-

Fundamental Movement Skills

The Activities in this guide are intended to help preschoolers learn fundamental movement skills or gross motor skills for healthy growth and development. These skills are important for future physical activities and sports, too.

Balance

Tiptoe

Toss

Reach

Jump

March

Throw

Stretch

Sway

Hop

Twist

Squat

Stand

Clap

Walk

Turn

Sit

Climb

Bend

Toe Touch

Skate

Run

Leap

**Zig Zag
Line**



Zig Zag Line

Walk

Place one foot in front of the other and walk forward. Stay on the line. Try walking sideways on the zig zag line. Use both right and left sides.

Tiptoe

Tiptoe on the zig zag line. Stay on the line

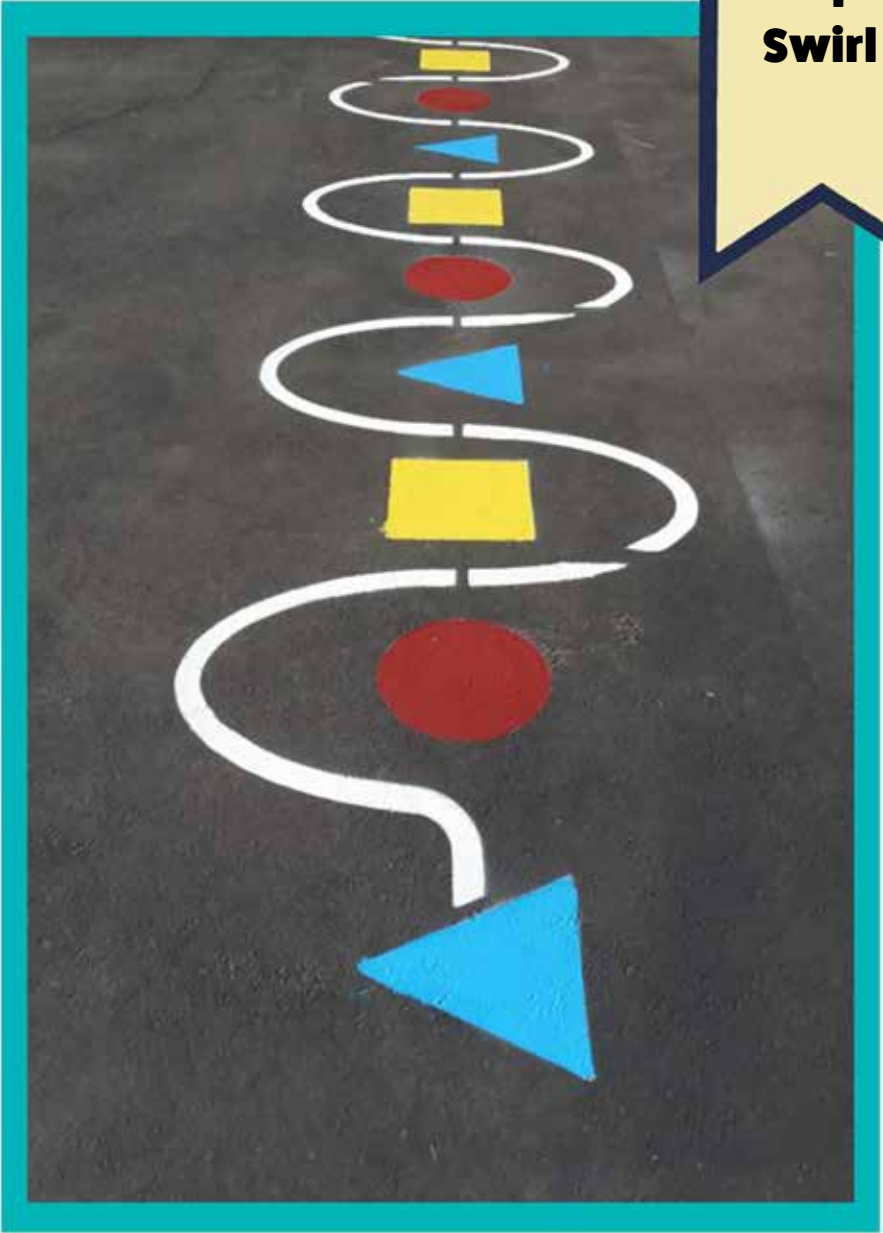
Jump, Hop

Stand in an angle and jump over. Turn around and jump over again. Try hopping next.

Toss

Toss a bean bag to land on the tip of the angle. Do this lengthwise or horizontal.

**Shape
Swirl**



Shape Swirl

Walk

Walk on the swirly line from end to end.

Tiptoe

Tiptoe on the swirly line from end to end.

March

March on the swirly line from end to end (walk with big knees up).

Toss

Toss bean bags into the shapes. Use the colored bags and toss onto the same color shapes.

Balance

Stand on one leg and balance inside a shape.

Walk, Jump, Hop

Walk, run in place, march, jump, hop, leap, tiptoe, touch toes and squat on a shape.

Use the swirl horizontally. Have the children face a shape and do simple skills like balance on, leap over, and tiptoe around. Then combine two skills, like march in place and clap your hands.

Shapes



Shapes

Ask the children to stand on a shape. Choose a skill & ask them to do this skill on the shape.

Ask the children to move around the shapes then find a new shape to stand on. Choose a new skill. Repeat.

Balance

Tiptoe

Toe Touch

Hop

Jump

Sway

Bend

Stretch

Squat

Run

Twist

Walk

March

Sit

Climb

Ask children what shape they are on and its color.

Hopscotch



Hopscotch

Toss & Bend

Toss a bean bag into a square. Hop to the square. Bend over, pick up the bean bag, and repeat.

Hop

Use dice. Roll one and hop that number of squares. For example, you roll a three, so hop to the blue square. Roll again and repeat

Make shape cards. Choose a card and hop to that shape. Choose again and repeat. Substitute these skills for hopping: jump, leap, run, walk.

Target



Target

Toss

Toss bean bags at the center of the target, if the target is painted on the ground.

Throw

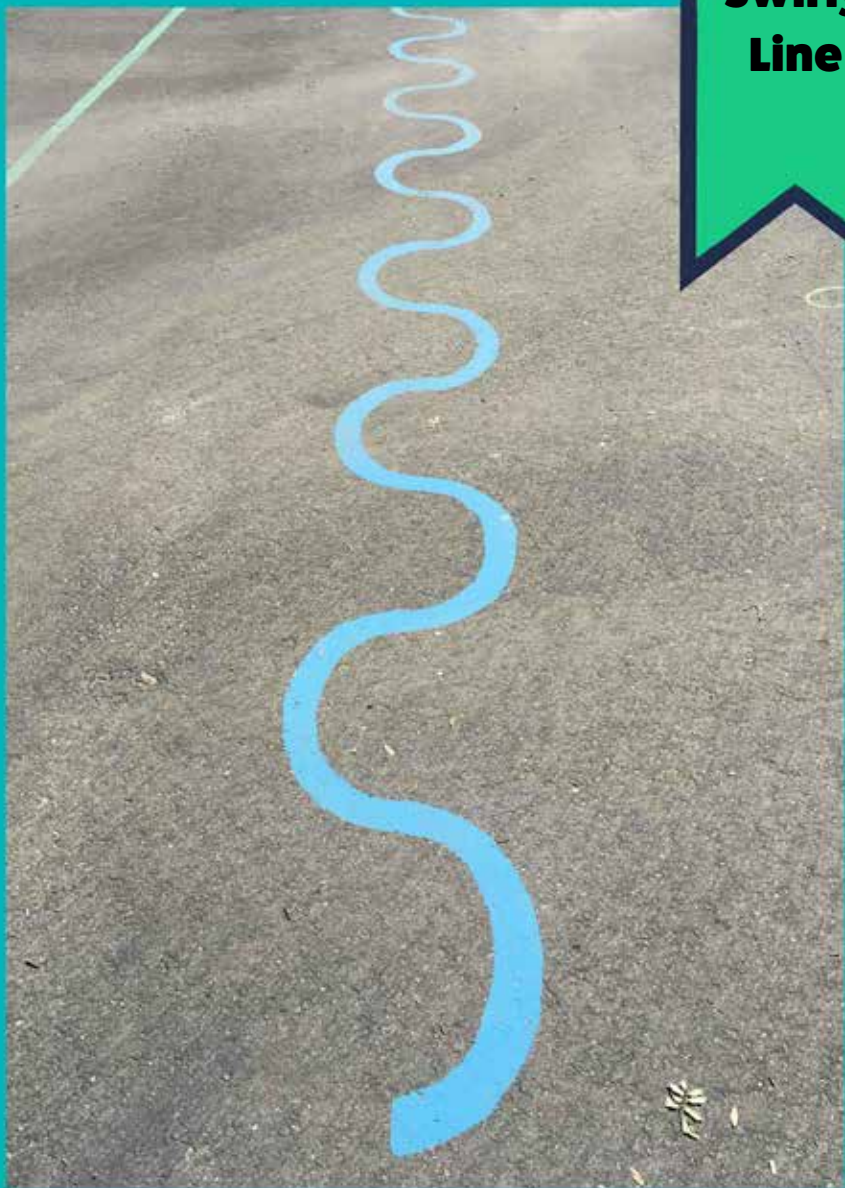
Throw wet sponges at the target if it is painted on the wall.

Jump & Reach

If the target is painted on the wall, have the children jump up and reach fingers toward the target center. Try reaching with the right arm, then the left arm, and then both arms.

Dampen fingertips with water or use chalk so the child can see where she/he touched.

**Swirly
Line**



Swirly Line

Walk

Walk on the swirly line putting one foot in front of the other.

Tiptoe

Walk on tiptoes on the swirly line.

Jump, Hop

Stand in one curve and jump into the next curve without touching the line. Repeat the length of the swirl.

Challenge: Walk backwards or sideways

These can be done with a group of children, each one standing in a curve. Step, jump, or hop over the swirly line.

**Straight
Line**



Straight Line

Walk

Walk forward on the line end to end. Try backwards and sideways. Stay on the line.

March

March on the line end to end.

Tiptoe

Walk on tiptoes and stay on the line.

Jump

Face the line and jump over.

Hop

Hop over the line. Hop on the line.

Leap

Face the line, jump with two feet over the line and land on one foot.



Numbers

1

2

3

4

5

6

7

8

9

Numbers

Count the Way

Jump from one number to the next, naming them as the children make their way through the numbers.

Group Jump

Have each child choose a number and have them jump on then off the number.

Challenge: Have the children practice balancing on their number.



Letters



A B C D
E F G H I J
K L M N
O P Q R
S T U V
W X Y Z

Letters

Spell your Name

Children can jump, hop or leap from one letter to the next, spelling their name as they go.

Letter Search

The teacher can call out a letter and children can move to that letter.

Alphabet Hop

Children can hop to each letter while singing the alphabet.

Bouncing the Alphabet

Children can use a playground ball to see how many letters they can bounce their ball on.

Practice spacial awareness by trying not to bump into their classmates!

Have kids twist, squat, and sway on their letters.

Animals



Animals

Action

Ask the children to stand on an animal. When the teacher gives the cue, children can perform the action i.e. march, hop, etc.

Beanbag Balance

While on a pond animal, have the children balance their beanbag on a body part.

Throw

Each child starts with their own beanbag. Have them throw their bag into a specific place in the pond.

This is a great time to practice colors and animal sounds!

**Action
Words**

CROSS

WALK

HOP

FLY

CRAWL

SWIM

Action Words

**Ready,
Set,
Action!**

When children come to the action word have them act out that specific action.

**Practice!
Practice!
Practice!**

Have the children practice these action words when on a track or during free play.

Ask the children what other movements they can come up with!

Footprints



Footprints

Leap

Leap from footprint to footprint using one foot at a time.

Hop

Use two feet to jump from footprint to footprint.

Balance

Stand on one leg on top of the footprint.

Toe Touch

With straight legs, have the children touch their toes and then the toes of the footprint.

Ask the children what other movements they can come up with!

Fruits & Veggies



Fruits & Veggies

Toss & Bend

Toss a beanbag onto a certain fruit. Bend over, pick up the beanbag and repeat.

Jump

Jump from fruit to fruit. Substitute jumping for hopping, leaping or running.

Touch that Spot!

Have the children stand on a veggie. Practice placing different body parts on their veggie, i.e. touch the broccoli with your elbow.

Ask the children what their favorite fruit or veggie is and what it tastes like.

Traffic Signals



Traffic Signals

Joy Ride

When using a track or arrows have the children ride, bike, skate, walk or run while following the direction of the arrows.

Follow Directions

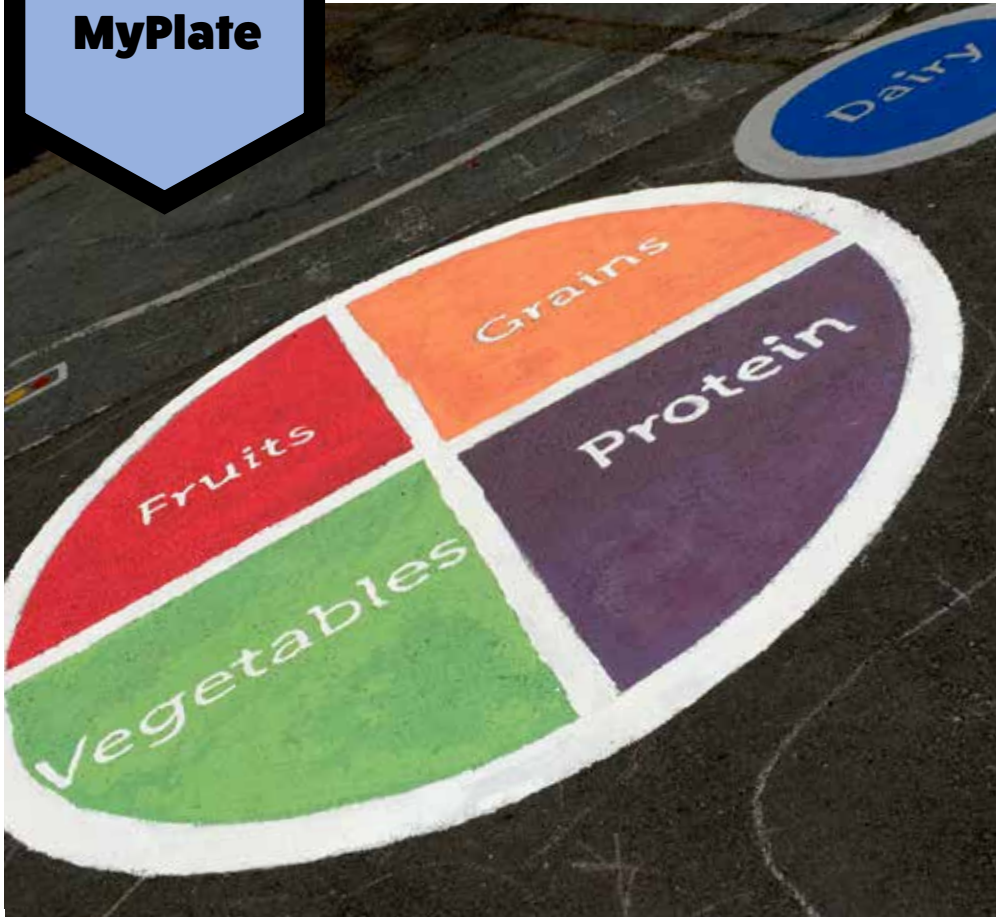
Have the children follow the directional signs learning to yield, slow down and stop.

Chalk can be used if you want to switch the direction.

Careful to not touch the white outlines! Remember the only way to pass is by using the passing lanes!

Children can tiptoe, march or leap between signals.

MyPlate



MyPlate

Tiptoe

Tiptoe around the plate and on the white lines of the plate.

Sit

Have the children walk within the plate's boundaries and sit when instructed. Have the children sit in a specific section of the plate.

Throw & Bend

Throw a beanbag onto the plate.

Great to do with music!

Can they throw their beanbag into all five sections?

When children go to bend and pick up the beanbag ask them what kind of food it landed on and what they like to eat!

Glossary

Balance Stand on one foot

Bend At the waist

Clap Both hands

Climb Knees up, arms overhead

Hop 1 foot

Jump 2 feet

Leap Jump from 2 feet to 1 foot

March Big knees & bent elbows

Skate Step right, then left on a slight diagonal

Squat Touch toes, bend knees, drop bottom down

Sway Hips & arms side to side

Swing Arms back & forth

Throw Overhand

Twist Rotate at waist

Toss Underhand, palm up

Acknowledgements

The Painted Playground Guide was created to assist adults engaging preschool children in active play on the playground. Funding for cards was provided by St. Jude Medical Center, Fullerton, CA, Healthy Communities Commission Initiative. Collaborative partners include: Orange County Department of Education (OCDE) Nutrition Education and Obesity Prevention Program; OCDE Move More, Eat Healthy Preschools; the Children and Families Commission of Orange County. Special thanks to the Child Signature Program 3 preschool children and teachers who inspired our work.

Arlene Turner, MS, Content
Dareen Khatib, MPH, RD, MCHES, Contributor
Alexa Frunzi, Creative Content

This 2017 revision was developed by:
UCCE Alameda County
UC CalFresh Nutrition Education Program

Tuline Baykal
Program Manager
UC CalFresh

Michele Byrnes, MPH
Physical Activity Manager
UC CalFresh

Patrick Safinya-Davies
Admin. Assistant
UC CalFresh

Kelly Foster
MPH Student, UCD
Dept. Public Health Science

Distributed by: UC CalFresh, Alameda County

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP

It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>) Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.