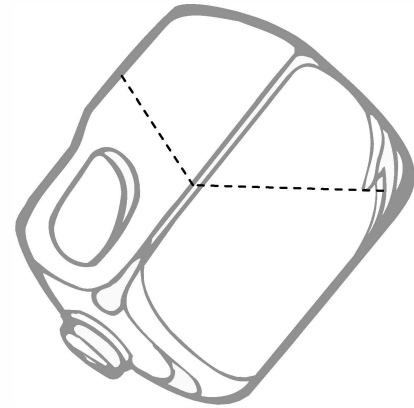


How To Make Scoops: For Tossing And Catching Games

Compliments of KID-FIT P.E. Classes for Preschoolers - <https://www.kid-fit.com>

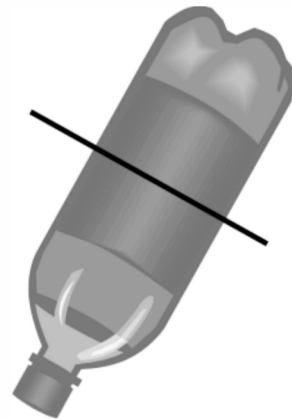
Can't Lose Scoop

Take an empty gallon milk container, wash, dry and remove the label. Cut as shown to make a large, wide mouth scoop. This is great for younger children and can be used to catch hacky sacks, nerf balls, sponge balls and bean bags. It's large size guarantees success.



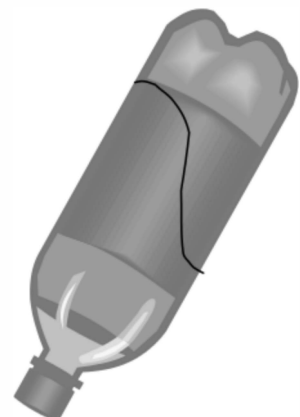
Challenge Scoops (blunt cut)

Clean and remove the label from a 2 liter soda bottle. Cut straight around the bottle at the halfway point. Cover the edge with tape or contact paper. Great to decorate with colored sticky paper.



Ground Scoops (angled)

Clean and remove the label from a 2 liter soda bottle. Cut with scissors as shown to make an angled scoop. Good for games that require scooping objects up off the ground.



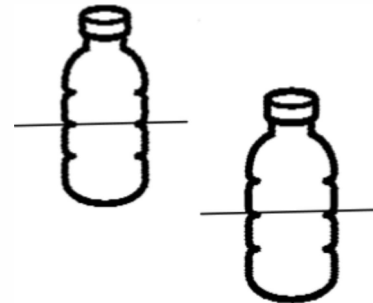
How To Make Sudsy Water Bottles: For Resistance Exercise

Compliments of KID-FIT P.E. Classes for Preschoolers - <https://www.kid-fit.com>

Water Dumbbells

Clean and remove labels from empty water bottles. Fill halfway full with clean water.

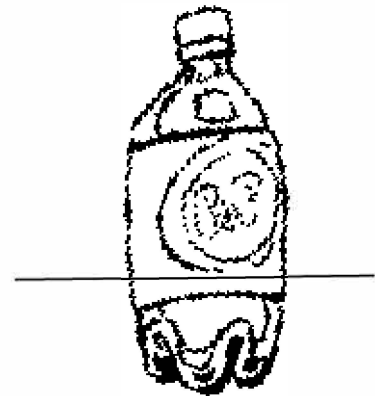
Add a drop of dishwashing liquid. Add 2 drops of food coloring. Put caps on tightly and shake. Hand out in pairs to use like dumbbells.



Single Weight

Clean and remove label from an empty 2-litre soda bottle. Fill 1/3 of the way full with water.

Add a squirt of dishwashing detergent. Add 3 drops of food color to each bottle. Put cap on tightly and shake. Use with both arms.



KID-FIT Classroom Project

“Calcium In My Tummy”

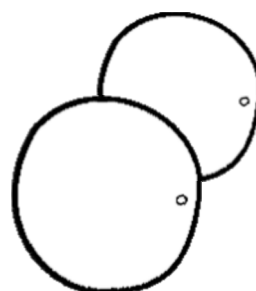
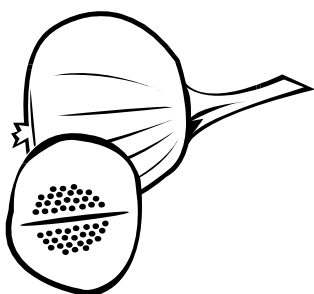
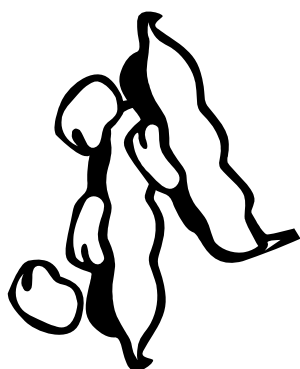
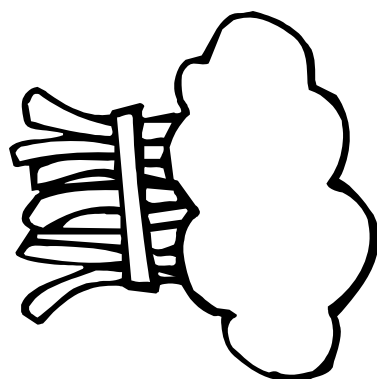
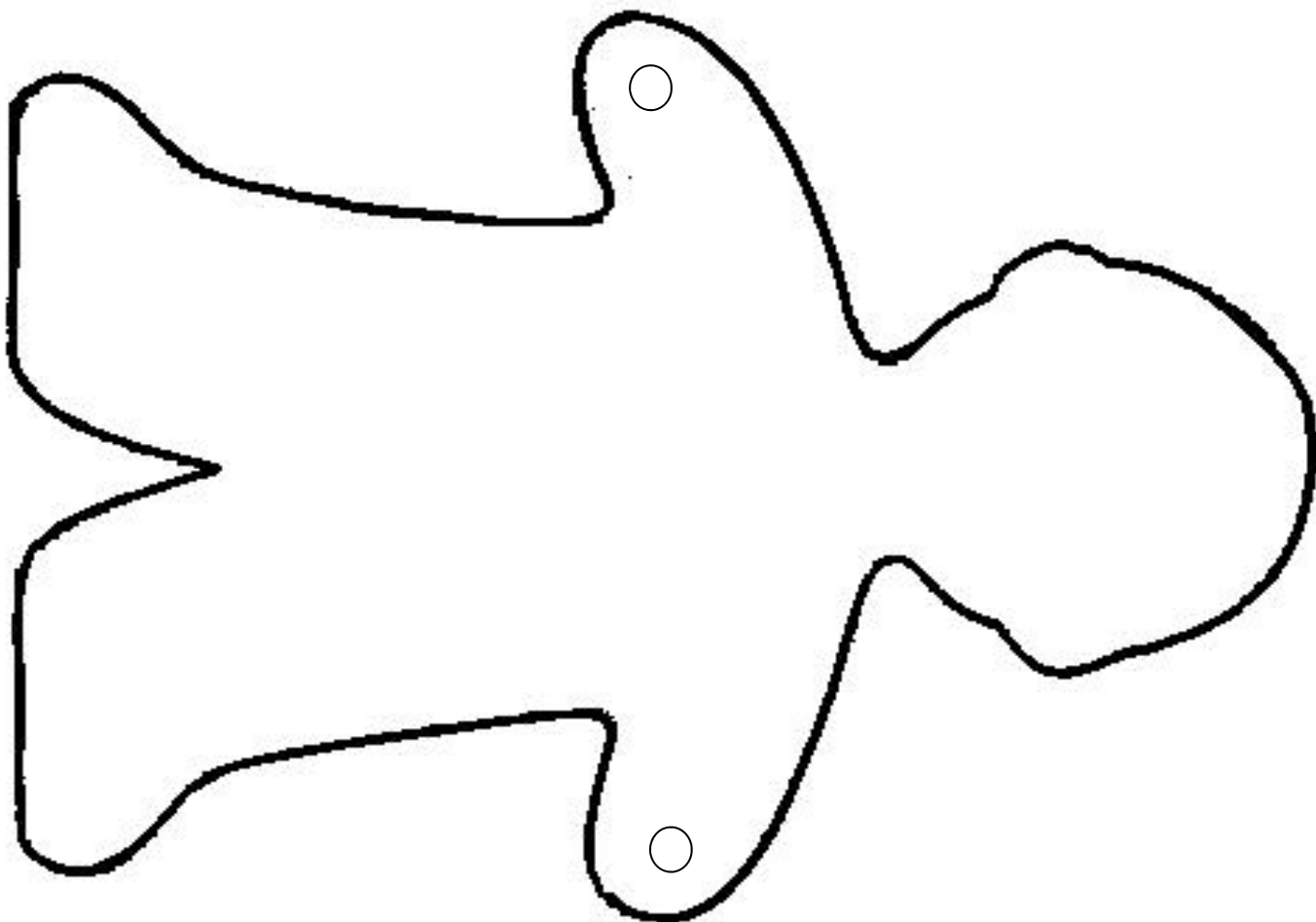
You will need:

- One body form with calcium rich food choices template for each child
- Yarn
- Crayons
- Glue
- Scissors
- Paper Punch

Help children learn how tasty calcium rich foods are.

1. Purchase the 5 items shown on the body form template. Make sure you have enough for each child to get a good taste.
2. Prepare foods and put on a plate. Keep any wrappers and packages for later.
3. Tell the children they get to try 5 different foods that are good for their bones. Have them try one item at a time (circle the room and give each child the first food item).
4. After all children have tried all 5 items, ask them to choose the 2 they enjoyed the most. Have children color them on the page with the body form on it.
5. Let children decorate their body form to represent themselves. Decorate with yarn, glue, crayons and/or markers. Put each child's name on their form.
6. Once they have their body finished, help them tear/cut it out. Tear/cut out the foods they chose too. Show them any wrappers now, so they recognize the packaging later.
7. Show children how to glue their two favorite foods onto their “tummy”.
8. Use the paper punch to make a hole in the hand of each child's body form.
9. String the bodies together with yarn. Use to decorate the classroom or bulletin board.

Note: This is a great snack time activity that helps children get the calcium they need.



KID-FIT Classroom Project

“Come To Your Senses”

You will need:

- 5 large clear, plastic containers with snap tight lids (quart size)
- 2 cups each Cheerios, pretzel nuggets, dried apricots, walnuts, popped popcorn
- Blindfolds for each child (ask each child to bring in a handkerchief or scarf, have a few extras on hand for those who forget)

Children will use all their senses guessing what’s inside each container:

1. Place 2 cups of each food into separate clear containers and make sure lids are on tightly.
2. Have all children thoroughly wash their hands before beginning.
3. Make sure all children are blindfolded and sitting in a circle.
4. Begin passing around the first container without letting anyone look at it. Allow each child to shake the container and listen to the noise to see if they can guess what is inside. (They won’t be telling anyone what they think it is until the game is almost over).
5. Once all children have passed the container around take the lid off and pass it around again. This time children will smell the food as it goes around.
6. The third time around children will get to touch the food for a second.
7. Next children will taste a piece of the food
8. Remove the blindfolds. Pass the food around so that each child can see what it is. Ask how many of them guessed what the food was.
9. Repeat the above process with the other foods now or one by one during the week.
10. Whatever the food item is, make sure you have enough of it to offer as a snack the same day. It’s an example of a healthy food snack that is good for their brain.
11. Discuss the 5 senses and that the brain helps them to work.

Note: If your room gets completely black with the lights out, you can use the light switch instead of blindfolds.

Awesome Applesauce

Simple no-cook version you can enjoy in minutes

INGREDIENTS:

- 4 red apples
- 4 Tbsp. lemon juice
- 4 tsp. sugar
- 1/2 tsp. cinnamon

PREPARATION:

Peel apples and cut into small pieces. Throw out the core. Put apples and lemon juice into blender or food processor. Blend until very smooth. Pour into a bowl and stir in cinnamon and sugar. 4 servings.

Low Calorie
No Fat

KID-FIT Recipe # 56 Vol. 7

Calories per serving: 84
Carbohydrates: 22 gms.
Protein: 0 gms.
Fat: 0 gms
Sodium: 3 mg.
Fiber: 2 gms.

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Rainbow Slaw & Peanut Dressing

Colorful, quick, salad - great for barbecues

INGREDIENTS:

- 2 cups purple cabbage, grated
- 2 cups broccoli slaw, grated
- 2 cups grated carrots
- 1 medium jicama, peeled and grated
- 1/4 cup honey
- 1/4 cup water
- 1/2 cup rice vinegar
- 2 tsp. low sodium soy sauce
- 2 tsp. sesame oil
- 2 Tbsp. creamy peanut butter
- 1 garlic clove, minced
- 1/4 cup chopped green onion
- Dash of ginger

KID-FIT Recipe # 114 Vol. 13

PREPARATION:

Combine the first 4 ingredients and set aside. For the dressing, mix remaining ingredients until peanut butter is dissolved. When ready to serve, toss salad with the dressing. Serve immediately. Makes 8, 1 cup servings.

Calories per serving (8): 122

Carbohydrates: 23 gms.

Protein: 3 gms.

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Sodium: 83 mg.

High Fiber
Low Sodium & Fat

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For Immediate Release

Celebrate National Preschool Fitness Day January 28, 2022

– January 28th is National Preschool Fitness Day, a day to acknowledge the importance of developing healthy lifestyle habits in preschool age children. With the growing concern over childhood obesity, diabetes and an early predisposition to heart disease, it is imperative that healthy habits of regular exercise and sound eating are taught to our youngest population. Two-thirds of adults and nearly one in three children are overweight or obese. This has a direct impact on our work force, health care costs and overall quality and length of life.

National Preschool Fitness Day is a perfect time for the community, child care centers, preschools, businesses and parents to come together to encourage daily physical activity for all children during the preschool years. Numerous studies point out that preventing disease and implanting healthy habits works best when aimed at children age 5 and younger.

To help celebrate the day, join us at our preschool from 9:00 am - 3:00 pm on January 28th. Bring your preschool child for a free, fun filled day. During the day children will enjoy:

- Movement and fun fitness activities
- Learning about healthy food choices and help make healthful snacks
- Make and use physical education equipment
- Educational Handouts
- Coloring Sheets
- Classroom Projects

This event is sponsored by KID-FIT , a division of Aerobic Fitness Consultants, Inc. KID-FIT is a world renown physical education program designed to combat the childhood fitness crisis by teaching children ages 2-5 that it's fun to exercise, eat right and take care of their bodies. For more information, contact Aerobic Fitness Consultants at corporate@kid-fit.com.

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