PAINTING PRESCHOOL PLAYGROUNDS FOR MOVEMENT

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PLAYGROUND STENCILS

• Increase children’s levels of physical activity during outside play
• Encourage development of fundamental motor skills
• Create environments that encourage physical activity
• Complement academic learning concepts through movement
CALIFORNIA PRESCHOOL LEARNING FOUNDATIONS:

Fundamental Movement Skills
Balance
Locomotor skills
Manipulative skills
CALIFORNIA PRESCHOOL LEARNING FOUNDATIONS:

Perceptual-Motor Skills and Movement Concepts
Body awareness
Spatial awareness
Directional awareness
CALIFORNIA PRESCHOOL LEARNING FOUNDATIONS:

Active Physical Play
Active participation
Cardiovascular endurance
Muscular Strength,
Muscular Endurance
Flexibility
LEARNING THROUGH MOVEMENT

During free-play & teacher-led play, children gain motor skills while complementing learning in the following areas:

- Social-Emotional Development
- English-Language Development
- Language and Literacy
- Mathematics
LEARNING CONCEPTS

- Personal space
- Colors
- Numbers (1-20)
- Shapes
- Letters
- Pathways
- Sequencing
TRACKS

- Maximize movement opportunities for all children?
- Do wheeled toys obstruct play for other children?
- Directional arrows, crosswalks and signs?
- Parking lot for orderly toy storage.
- “No-bike days” to create space for locomotor & manipulative play.
GROUP ACTIVITY SPACE

- Space for teacher-led group activities
- Paint round or shaped markers ~3 feet apart.
- Personal and General Space
PATHWAYS

- Paint curved, zig zag & straight lines.
- Children can practice locomotor & balance skills on the lines.
BULL’S-EYE FOR TOSSING, THROWING & KICKING

Children are mastering tossing, throwing, striking objects & kicking at this age. Bull’s-eyes or targets provide an opportunity to practice.
MANIPULATIVE AREA

Equipment to be rotated:

- Jump ropes
- Hoola hoops
- Balls
- Bean bags
- Paddles
- Goals
- Baskets
- Streamers
- Scarves
Teachers have the opportunity to teach academic topics through movement by integrating shapes, letters, numbers & colors into the playground,
SHAPES, LETTERS, NUMBERS & COLORS

- Preschool children are learning both upper & lower case letters and numbers from 1-20.
SHAPES, LETTERS, NUMBERS & COLORS

- Children are also learning the following shapes: circle, oval, square, rectangle, triangle, hexagon, octagon, diamond, crescents and more.
HOPSCOTCH

Hopscotch-like activities provide children the opportunity to practice:

- Jumping
- Hopping
- Leaping
- Balancing
- Tossing

Stencils offer an opportunity for letter & number recognition.
EXAMPLE STENCILS

http://www.fastline.net/stencils.htm
LESSONS LEARNED

Stencils are an inexpensive solution to increase physical activity for preschoolers.

The stencil intervention resulted in a significant increase in children’s energy expenditure after painting stencils.

There are no safety restrictions, as in climbing equipment & swings.