

# Play Nice! Newsletter

February 2004 ©peacefulplaygrounds 2004

Melinda Bossenmeyer, Ed.D. ph 877-444-9888



## Perceptual Motor Development Program

Are you in need of a teacher friendly, easy to use program for developing children's motor skills?

It is widely documented and universally accepted among educators that children's motor skills develop with a wide range of variation in terms of chronological age. We do know however, that the sequence of skill development appears to progress in an orderly fashion:

- 1) Development in general proceeds from head to foot, that is, coordination occurs in the upper body before it is observed in the lower body. A child can therefore throw before she can kick.
- 2) Development occurs from inside to outside. For example, a child can control his arm before he can control his hand. He can therefore reach for objects before he can grab them.
- 3) Development proceeds from the general to the specific. Gross motor movements occur before fine motor coordination and refined movement patterns.

The Perceptual Motor Development Program is grounded on the principles stated above. The program recognizes that children learn at different rates and therefore the instruction is a sequential presentation of skills allowing children to practice at their development level which insures a success and safe environment. Call today for more information and an information packet. Ph 877-444-9888.

## School Talk

*Play Hard.  
Eat Smart*

is a FREE resource from the USDA Food Nutrition Service Program

"Make family time an active time."

"Balance your day with food and play."

## Nutrition and Physical Activity "It's a Winning Combination"

Recent research confirms that there are many benefits from the dual promotion of regular physical activity and healthy eating (Strategies for Action, California Department of Health Services, 2001). **Combining the physical activity component (Peaceful Playgrounds) with "Play Hard. Eat Smart," provides both components from proven programs.** The best part of the *Play Hard, Eat Smart* program that it's FREE as it is a USDA Food Nutrition Service (FNS) program. The *Play Hard, Eat Smart* curriculum includes parent, community, teacher and student components of the program. Some examples of program materials include:

1. parent brochure-Grab Quick and Easy Snacks;
2. teacher posters- Balance your day with food and play; and
3. student- Power Panther stickers and window clings.

A teacher resource kit provides for guidance and a timeline for implementation. The program messages reinforce the messages we at Peaceful Playgrounds wish to spread regarding making good food choices and remaining active. For more information visit their website at: [www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard) or call 703-305-1624 and ask for Sheri.

**\$150,000-\$500,000 Available**

Are you in need of money for a Physical Activity Program like Peaceful Playgrounds? Contact our grants office at 877-444-9888 for more information.