



On Demand Child Care Training

Featured module:

Physical Activities for Young Children: Lead with Confidence

Physical activity is as important for the growth and development of young children as is the establishment of healthy eating habits. Successful introduction of movement to children requires well-organized, fun, inclusive activities that have clear instructions and planned transitions. This module prepares the early care and education professional to plan and implement physical activities with young children and includes a wealth of practical, low cost and easy to implement activities.



Learn to:

- Describe the benefits of physical activity.
- Identify goals for physical activity movement for young children.
- Determine essential elements for successful leadership of physical activities with young children.
- Understand the importance of role modeling physical activities with young children.
- Plan at least one new activity to implement with children in the child care setting.

Spanish modules available
Eligible for CEUs
Accepted for CDA

Content for this and 200+ other On Demand professional development modules is available at no cost. If a certificate of completion is needed or required, a \$5.00 fee is charged.

See the status of module approval in your state at <http://tinyurl.com/bkc-states>

extension.psu.edu/youth/betterkidcare