

Playground Playtime

Games & Photos from:

<http://movingsmartblog.blogspot.com/2011/05/m-is-for-monkeybars-getting-ready-for.html>



Getting Ready for School?

Put your pencils down and go
play on the monkeybars.

(Not Kidding.)

Play helps children develop fine motor skills

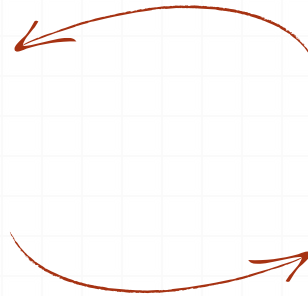
- 0 Climbing, hanging, swinging, and any other high-energy activity **builds strength in the upper body and core muscles** which will be needed to write.
- 0 Twisting, turning, dangling, and swinging help develop **flexibility and agility** which is necessary to rotate the shoulders, elbows, wrists and fingers
- 0 Pushing, pulling, tugging and lifting build strength and teaches an understanding of **weight, pressure and resistance**

Play skills

Climbing!



Wheel Barrel!

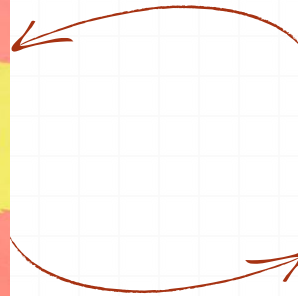


Play skills

Crab Walking



Bear Crawling



Playing is for parents too!



Photo from: <http://popsugar.com>