

# MOTOR SKILLS NEWSLETTER

## COACH KRISTEN



### Week of January 8, 2018

#### What's Inside:

- Topic of the Week
- Lessons for the Week
- Reminders
- Special Notes

#### START OF CLASS

We will start each Motor Skills class by running laps in the Gym. Then, I will go over the "Motor Skills Class Rules".

#### LESSONS FOR THE WEEK

This week we will have fun tossing "snowballs".

Then the 2 year old classes will have fun chasing the tossed ball. While, the 3 year old and Pre-K classes will have

*"Train up a child in the way he should go; and when he is old, he will not depart from it."*

*Proverbs 22:6*

fun with paper plate ice skating.

Finally, the Pre-K classes will practice throwing a ball overhand.

#### REMINDERS

Please send your child to school in sneakers (or tennis shoes) each day. Not only for their Motor Skill class but also for running and playing on our playground.

#### SPECIAL NOTE

Studies have been done and shows that most children do not get enough outside play time. Each week I encourage the children to play outside after they get home from school. I also encourage **NO TELEVISION** time until they play!

To quote Gernsbacher, et.al., 2008  
*"Advanced motor skills in infancy and toddlerhood are related to greater language fluency in later childhood and even adolescence a finding that researchers speculate may be due in part to the connections among motor coordination, brain development, and the physical actions required for fluent speech."*