

Outdoor Activities

Unit 1 • Week 1

Starfall

Pre K

Research has shown that it is essential for young children to participate in free play as it plays a crucial role in their development. Therefore, Starfall encourages the use of a variety of available outdoor equipment such as tricycles, scooter boards, balance beams, and balls to support development.

Play time may be challenging for children with disabilities and those from culturally and linguistically diverse backgrounds. Be sure children bring necessary communication devices and that the playground is easily accessible for everyone. Spend time creating a culture of sensitivity and awareness, and discuss ways the children can help each other on the playground. Directions should be simple and clear to ensure that all children understand them. Consult parents regarding special needs and accommodations during outside play.

The Outside Activities included in this document are suggestions intended to assist children in developing motor skills, cooperative learning, following directions and team building, and are not meant to replace daily free play.

Sun and Safety

Discuss sun and playground safety rules before children have outside free play.

