



# FUNDAMENTAL<sup>SM</sup>

## Physical Education Program

The Fundamental Movement Kit includes all the materials you need to instruct lessons indoors or outdoors. This program is designed as a physical education program for preschool to grade 2.

### Fundamental Program Components

- Perceptual Motor Development Guide (10 copies)
- Playground Blueprint of Fundamental Designs
- 41 Stencils: Letters, Numbers, Feet and Shapes
- Parent Newsletters on Motor Skills Themes
- Monthly Motor Skills Award Certificates
- Motor Skills Checklists
- Staff Development Materials
- Task Cards Set
- Physical Activity Exercise Cards
- Equipment Pack
- Complete Roll Out Stencil Set
- Paint Machine and Paint



### Fundamental Movement Physical Education Program

Unique markings that can be painted on the blacktop that enhances children's motor development. The Fundamental blueprint is designed for early childhood to grade two students.



### Fundamental Movement Equipment Pack

This huge playground equipment pack contains all the equipment you'll need to fully implement this physical education program at your school.



### Physical Activity Exercise Cards

Set of 12 animal activity cards are designed for an aerobic fitness circle which motivates kids to get moving.

Order your program today! 1-877-444-9888





Over 8,000 schools and parks across the country are enjoying the benefits of programs which allows kids to be more active and involved.

Three individual programs that:

- Add up to 100 permanent games and activities for your playground
- Reduces bullying, conflict and injuries
- Develops good physical activity and nutrition habits
- Combats obesity
- Develops motor and social skills

The Peaceful Playgrounds Recess Program allows you to organize the playground area to reduce injuries, bullying and conflicts. You can also design your own layout with permanent painted game markings that help make activity time a more positive experience. Hopscotch, alphabet grids, and number grids are just a few examples of the 100 games that can be added.

Research has documented that "more game markings, equals more physical activity" indicating that Peaceful Playgrounds is a low-cost intervention in the childhood obesity crisis. In a nationwide survey of Principals, 87% reported an increase in physical activity as a result of the Peaceful Playgrounds Program.

The program's unique design spreads children out evenly throughout the play yard, allowing the maximum number of students to be involved in healthy and educational play. Game choices include individual, cooperative and competitive game choices. Markings address motor development skills, cognitive skills and social skill interaction.

Set up is easy and can be done by members of the school staff and parent groups.



"Our teachers have been able to spend more time teaching and less time settling playground disputes!"  
— South Elementary School, IL.



Create the ideal recess, afterschool and physical education environment for K-8.

An easy do-it-yourself program transforms your playground into a colorful assortment of games kids love to play.