



A Running Start: How Play, Physical Activity and Free Time Create a Successful Child

By Pica, Rae

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A Running Start book. Read 2 reviews from the world's largest community for readers. What parent doesn't want their child to achieve and get a head start...? Young kids can spend their free time finger painting, playing in the sandbox, inventing games, and still turn out to be smart, talented, successful adults. In *A Running Start*, renowned educational expert Rae Pica looks at the many misconceptions under which today's parents are laboring. Among them are beliefs that "earlier is better" when it comes to athletics and academics; achievement is more important than play. This book shows how learning through play is vital to a child's development and fostering their unique personality. | It depends on whether your child is having balance problems when not riding a bike, says Rae Pica, a children's physical activity specialist and author of *A Running Start: How Play, Physical Activity, and Free Time Create a Successful Child*. If your child doesn't have trouble with balance in general, then there's no reason to worry about her wanting her training wheels. Perhaps your child enjoys the sense of security that the training wheels provide. Or she might not be ready to make what feels to her like a big change. Maybe she simply likes the wheels for nostalgic reasons. Encourage your children to engage in active play. Research has demonstrated that the most active children are those whose parents have encouraged them to be active. Play with your children! Rae Pica is a children's physical activity specialist and the author of *A Running Start: How Play, Physical Activity, and Free Time Create a Successful Child* (Marlowe & Co., 2006) and *Great Games for Young Children* (Gryphon House, 2006). She has shared her expertise with such clients as the Sesame Street Research Department, the Centers for Disease Control, Gymboree Play & Music, and the President's Council on Physical Fitness & Sports. You can visit Rae at www.movingandlearning.com. Next Article: Physical Exercise for Children.

Start early. Young children love to play and be active. Encouraging lots of safe and unstructured movement and play can help build a strong foundation for an active lifestyle. Set a positive example by leading an active lifestyle yourself. Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities, or free-time play. How is it possible for my school-aged child or adolescent to meet the recommended levels of physical activity? Many physical activities fall under more than one type of activity. A Running Start book. Read 2 reviews from the world's largest community for readers. What parent doesn't want their child to achieve and get a head start... Young kids can spend their free time finger painting, playing in the sandbox, inventing games, and still turn out to be smart, talented, successful adults. In A Running Start, renowned educational expert Rae Pica looks at the many misconceptions under which today's parents are laboring. Among them are beliefs that "earlier is better" when it comes to athletics and academics; achievement is more important than play. This book shows how learning through play is vital to a child's development and fostering their unique personality. Freely chosen play helps children and young people's healthy development. To have good physical and mental health and to learn life skills, they need various unstructured play opportunities from birth until they're teenagers. Freely chosen play. Freely chosen play is when a child decides and controls their play following their own instincts, imagination and interests. They play without being led by adults. There's no right or wrong way to play. Freely chosen play improves children's health, well-being and development. Why play is important. Play improves the cognitive, physical, social, and em