

Skillastics[®] - engaging, reinforcing, and assessing large or small groups of PreK-12 students in standards-based fitness and sports-specific skill development activities, allowing 1 to 100 children of varying abilities to participate and enjoy being active at one time.

Use the activities in ...

- **Warmups to start class,** - **Stations,**
- **Indoor recess activities/Intramurals,** - **Leadership,**
- **'Stop/Drop/Move' – in class during fitness/nutritional weeks. All classes have a small mat & completes the activity chosen,**
- **Small spaces, daycares...** - **And MORE...**

Benefits...

- Students perform skills at their own level,
- Students' skills can be easily assessed while participating,
- Fun and non-threatening, - Quick & easy set-up

How to play...

*I usually go over all the exercises before playing,

- Participants are divided into 6 teams and assigned a color,
- One player from each team approaches the oversized mat, rolls their color-coded die, and moves their matching colored beanbag to the corresponding space on the mat,
- Then they jog back to their team and explain the activity, or point it out on the miniature mat each team also has. Everyone completes the number of repetitions and the next team member goes to the oversized mat while the group still performs the skill.

Halfpint Skillastics introduces preschoolers (ages 3-5) to a variety of movement skills.

- encourages creativity and imagination in a non-competitive but active environment,
- promotes color, number and shape recognition, and features 36 age appropriate fun activities,
- includes "**moving to music**"-a CD of 72, 30 second musical segments (each of the 36 activities include a 30 second slow version and a 30 second fast version), that sound like each of the Halfpint Skillastics activities. Moving to music that sounds like a "bouncing ball" or a "windmill"!

**** warmup** – A. scatter cards on the perimeter of the gym – roll both dice and have students find the corresponding card and bring it to the middle. Everyone does the activity.

B. **station** – cards scattered in a line/pile – use dice and match with corresponding task card.

C. **Instant activity** – Hold up task card, review task and play music.

