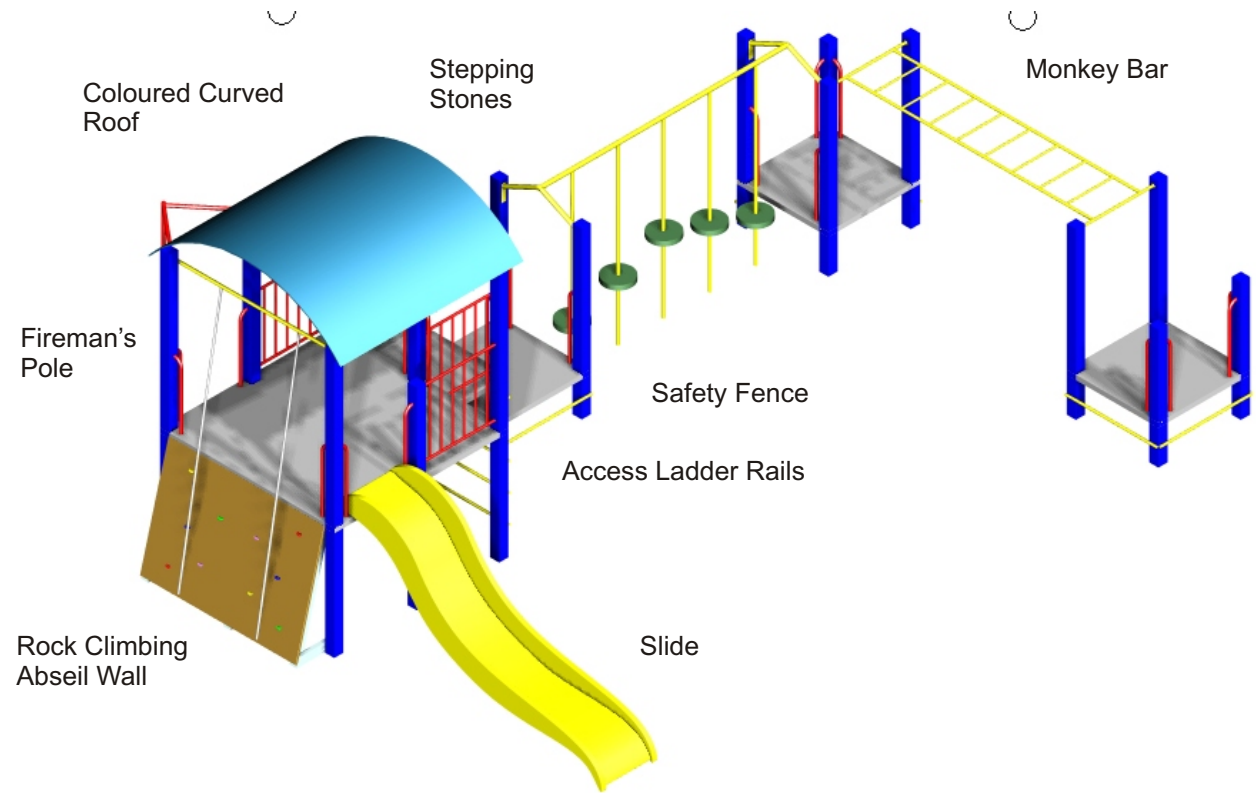


Area Required 12.0 x 9.0 M



### **FITNESS and DEVELOPMENT**

The general aim of these designs is to promote physical fitness for all children and to help improve motor skills of children experiencing mild to moderate delays in physical development, particularly for children in the 4 to 12 year age group.

These activities generally address the following:-

- Develop muscle strength, breathing and endurance;
- Refine balancing skills;
- Develop body co-ordination;
- Encourage bilateral and reciprocal arm movement;
- Provide a variety of sensory experiences (tactile, vestibular, proprioceptive and visual stimuli);
- Improve perception of space, body awareness and judgment (position, direction, size and space).

Should any child be experiencing difficulties, please consult professional assistance.



**Play Gym 3**

1/04/05

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Sam Mawhinney Bsc App (Hms) (Uq)