



Kids With Zip: A Practical Resource for Promoting Active Children Ages 3-12

Joanne Landy, Keith Burridge

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Motor skills are the building blocks of all movement. Children who are physically active from an early age and have positive, enjoyable and successful movement experiences in the early stages of life will continue to engage in and pursue activity on a regular basis.<?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />

Kids with Zip focuses on the best movement experiences for 3 to 12 year olds and provides over 600 ideas for stimulating indoor, outdoor, individual and group activities. Fully illustrated and using simple action figures, Kids with Zip provides a wealth of background information and practical advice for educators and parents, including:

- Nutritional facts
- Fitness facts
- Strategies for encouraging the reluctant child
- Considerations for children with special needs
- Safety pointers
- Using homemade equipment
- Locating equipment
- Motor coordination principles
- Characteristics of 3 to 12 year olds

Kids with Zip is an easily accessible and useful resource for anyone and everyone who is involved with young children including teachers, day-care and after-school educators, recreational instructors and parents.

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