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Nota di contenuto	Acknowledgments; Activity Chart; Curriculum Connectors Chart; Song List; Benefits of Moving & Learning; Benefits to Children with Special Needs; Meeting Standards; Implementing the Program; Preschoolers and Kindergartners: Developmental Considerations; Heads, Shoulders, Knees, and Toes; Let's Bend; Let's Walk; Exploring Up and Down; Show Me; Let's Stretch; Walking Along Again; Big and Little; My Fingers; Bending and Stretching; Let's Run; Bridges and Tunnels; See My Hands; Let's Shake; Creepy-Crawly; Making Shapes; See My Face; Let's Sway; Let's Jump; Pop Goes the Weasel; Simon Says Let's Bounce Rabbits and 'Roos; Moving Backward; The Body Song; Exploring Bending and Stretching; Moving Like Animals; Moving Slow/Moving Fast; Mirror Game; Let's Turn; Marching Band; Exploring Body and Spatial Directions; Hands-Hands-Hands; Let's Sit; Let's Leap; Moving Softly/Moving Loudly; A Face Has Many Roles in Life; Let's Push and Pull; Let's Gallop; Marching Slow/Marching Fast; Switcheroo!; Let's Strike; Follow the Leader; High and Low; Body-Part Relationships; Let's Lift; Shadow Game; Robots and Astronauts; Traveling Body Parts; Let's Swing; Locomotion I; Exploring Force Exploring Right and Left Let's Twist; The Tightrope; Exploring Movement Elements; Exploring Weight Placement; In My Own Space; Let's Hop; Staccato/Legato; Counting Body Parts; Imitating Movement; Let's Roll;

Getting Fast/Getting Slow; Arms in Motion; Let's Focus; Let's Slide; Getting Louder/Getting Softer; Legs in Motion; Pass a Movement; Let's Skip; Common Meters; Body-Halves Opposition; Dodging in Place; Locomotion II; Different Strokes; Left Side/Right Side; Combining Nonlocomotor Skills; Combining Locomotor Skills; Exploring Space; References; Additional Resources; About the Author

Sommario/riassunto

A physical education curriculum for everyone who works with preschoolers and kindergarteners and understands the critical role of movement.
