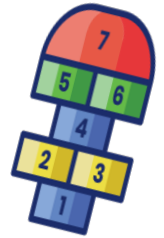


THE IMPORTANCE OF CHILDHOOD GAMES

Fitness and literacy can go together!

Could there be a link between language development and games like skipping, hopscotch, and hand-clapping? Common sense says yes, but now the science is catching up too; fitness and literacy do go together!



These days, some parents and educators are worried: playground games seem nearly extinct — and at a time when many children are dangerously out of shape. With the demise of the playground game, are we losing more than an opportunity for students to let off steam and get fit?

A skipping game is played with a long rope, two enders (those who hold the ends of the rope), and several players.

Skipping Rhyme (perfect for Skip Rope for Heart)

by Shirley Downey

Strong healthy beat of my heart
Pumps my blood and keeps me smart.
Beat of my heart, beat of my heart.
S-M-A-R-T, heart, cart...
(keep going until you run out of rhyming words)

I exercise, I eat good food
It helps my heart, it helps my mood.

Strong healthy heart, beat of my heart.
Beat of my heart, beat of my heart.
H-E-A-R-T, smart, cart, part, etc.

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Find out more: www.outdoorplaycanada.ca

