

Today's Children Victims Of A Sedentary Society

by MARY SIMPSON

While parents realize the importance of the pre-school years intellectually, few of them realize that physical development is just as necessary in preparing the young child for his school years. Children today have become

victims of the sedentary society; we use wheels instead of legs; there are no trees for youngsters to climb; they are confined to fenced yards because of the dangers of traffic.

Studies of children with perceptual problems have proven that children can be prepared to function well in school through

proper physical training and it is a well-known fact that a well-trained, healthy body with stamina and endurance contributes to an alert mind.

SUREFOOTED
Development of grace, co-ordination and agility is best achieved in the pre-school years. Through gym work the child

develops self-confidence. The sure-footed, agile child is less prone to accidents and more able to get out of difficult situations. He tires less easily and enjoys activities more than his listless counterpart.

In the Y's pre-school gym the children are divided into "Toddlers" (under three years)

child's natural curiosity soon takes over. The shy child benefits tremendously since he isn't forced to socialize but he can clamor over the equipment at his own speed.

The aims of the pre-school program are to teach the child to use his body to the best advantage, to build a strong, healthy body that will serve him well throughout his life, and, just as important, to have fun so that the child will learn the enjoyment of physical activity.

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Nearly 12.5 million acres of Canadian farmland are used for raising wheat.

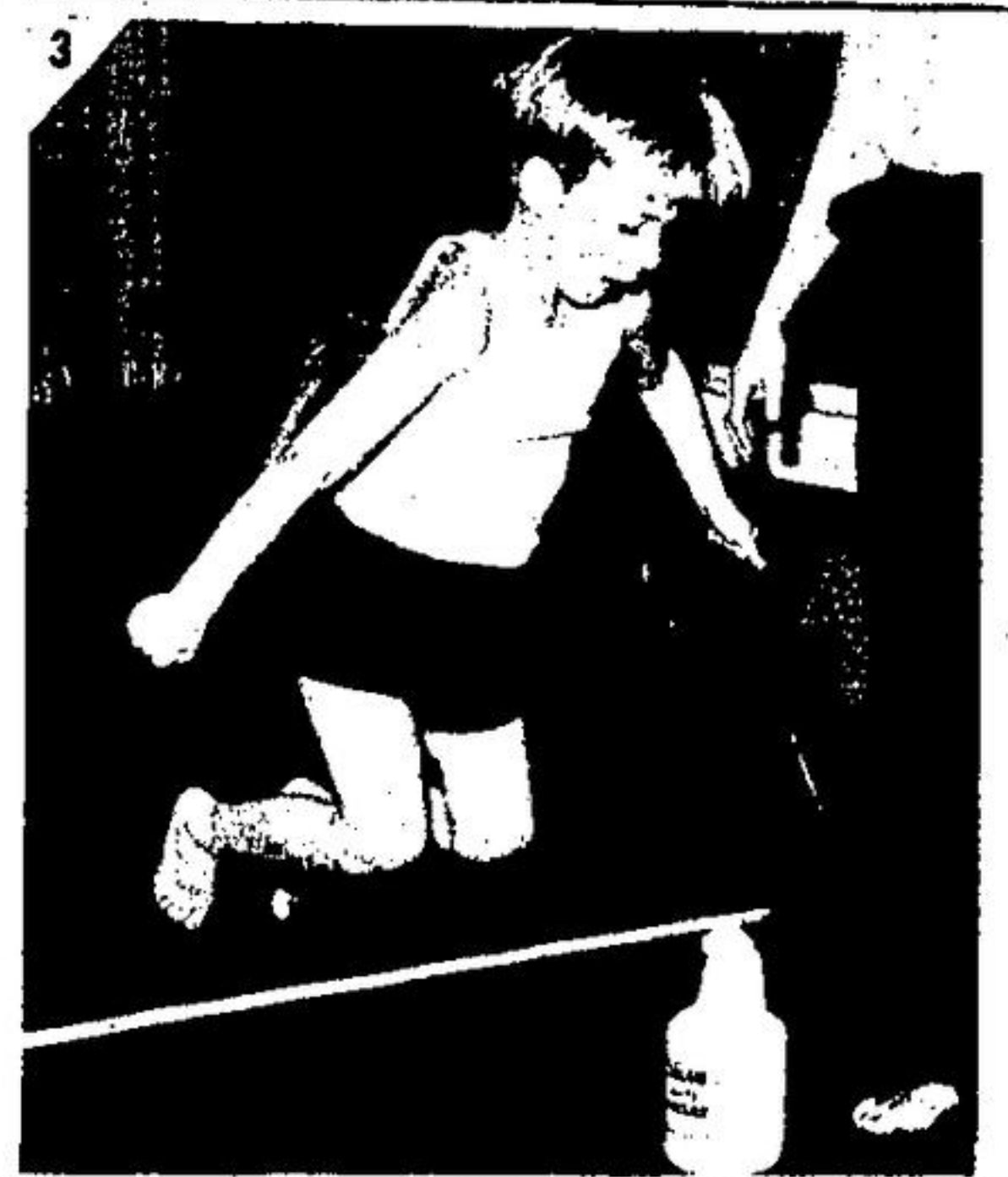
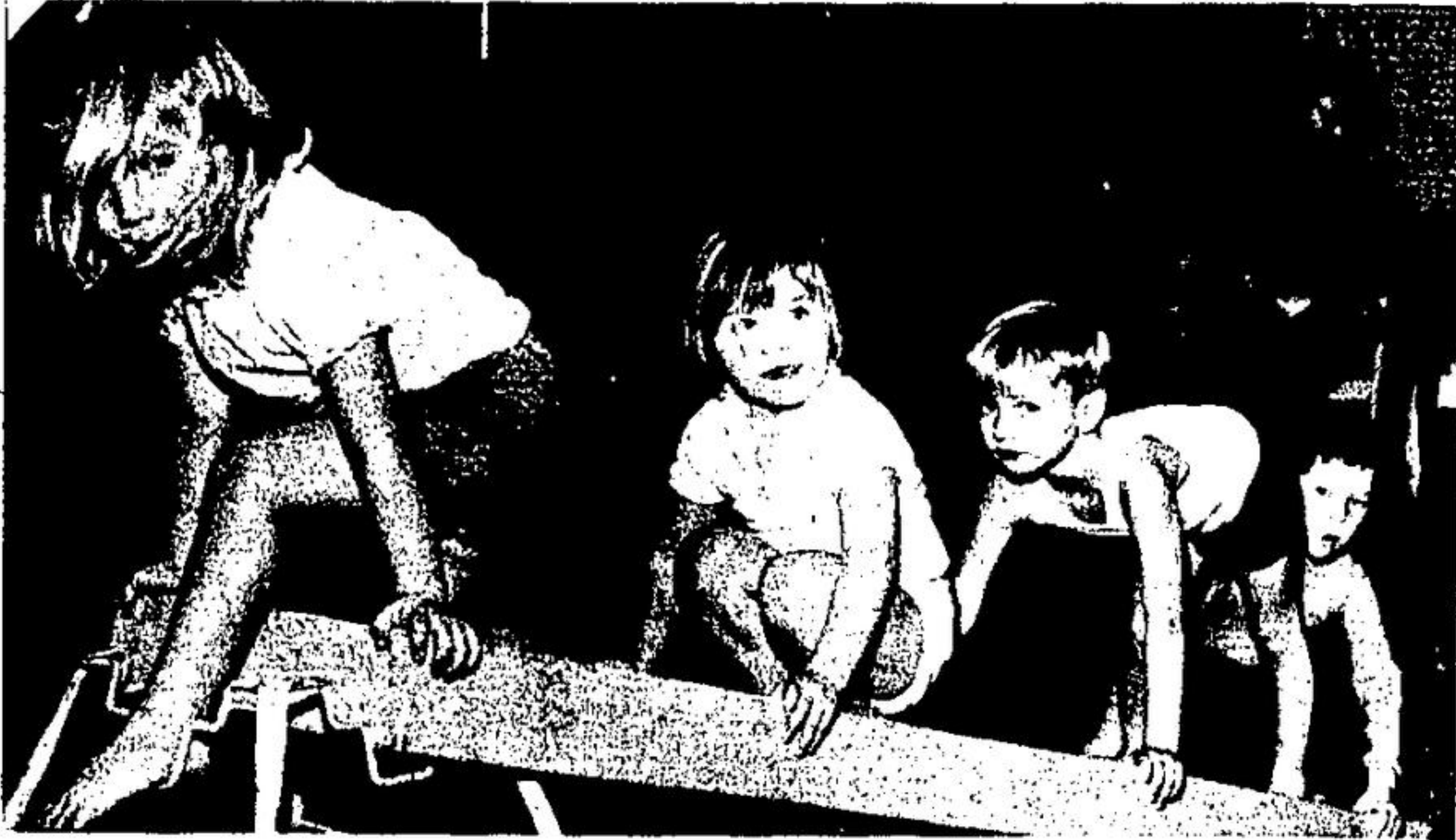


HAVE FUN

One of the biggest problems we have is trying to get rid of the child's second-hand fears caught from the adults around him who are continually saying, "No - you'll hurt yourself don't do that". The Prudden-Porter Gymster equipment that the Georgetown Y uses for the pre-school gym classes is fully adjustable so that the most timid child can try it out at a few inches from the ground and then can advance till he is walking a balance beam three feet off the floor.

DID YOU KNOW?
You have to see danger to avoid it. So do other drivers, who get a lot of traffic information through the glass of your car. This is one of the reasons why everyone should keep their windshield and windows clear of snow, dirt and condensation. Don't be a "peephole", asks the Ontario Safety League. Keep all your glass clean, so that you can look out in all directions, and others can look through.

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Children gain confidence and have fun at the Georgetown Y's pre-school gym. 1. Jennifer Lusby and Christine Hughes. 2. Warren Jones. 3. Christopher Perkins, Jennifer Lusby, Mrs. Mary Lou Brock and Mrs. Nan Farwell. 4. Jennifer Lusby, Marc Bertrand, Warren Jones.

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