

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

START FOR LIFETM Ages 3-5







Table of Contents

Section

1. Introduction

Acknowledgements

Program Overview

Preface

2. Start For Life™

Guidelines and Principles

References

Program Format

Teacher's Role

3. How to Implement Start For Life™

Equipment, Materials, and Step-by-Step Instructions

4. Lesson Plans

Day 1-Day 20 and Inside Day 1-Inside Day 4

5. Charts and Behavioral Skills Tools

Gross Motor Skills Chart Our Achievement Chart

My Physical Activity Log

Certificate of Achievement

Acknowledgements

The YMCA of Metropolitan Atlanta would like to acknowledge the individuals who contributed to the development of this manual, as well as those who provided valuable feedback in the review of this document.

Authors:

Gisèle Tennant, MSc, CSEP-CEP, National Manager - YMCA Health and Wellness, YMCA Canada; Program Coordinator YMCA Alberta, Prairies MRC Services
Alice E Smith, MS, MBA, RD, Project Director - Wellness Programs, YMCA of Metropolitan Atlanta

James J. Annesi, PhD, FAAHB, Director of Wellness Advancement, YMCA of Metropolitan Atlanta

Design:

Judi Rich, Communications/Association Services, YMCA Calgary Laurel Beddingfield, YMCA of Metropolitan Atlanta

Editors:

Lydia Thacker, Vice President of Child Care & Diversity, YMCA of Metropolitan Atlanta Linda Vaughn, MS, MBA, Director of Wellness Initiatives, YMCA of Metropolitan Atlanta

Copyright© YMCA of Metropolitan Atlanta 2011; All rights reserved

The reproduction or utilization of this work in any form or by any means, electronic, mechanical, including photocopying, recording or any other means now known or hereafter invented including information storage retrieval system is forbidden without written permission of the YMCA of Metropolitan Atlanta that can be reached at:

100 Edgewood Avenue NE, Suite 1100

Atlanta, Georgia 30303

Tel: 404-588-9622; Fax: 404-527-7693

Funding:

The development and production of this program is made possible by a generous grant from the Kaiser Permanente Foundation to the YMCA of Metropolitan Atlanta.