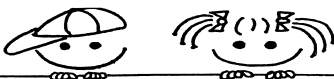




Parenting Corner: Kids Sports



IUSD Early Childhood Learning Center
Early Start • Head Start • Montessori International • School Readiness • Special Education Preschool
(949) 936-5870



Benefits of Sports

Builds an appreciation of personal health and fitness.

Develops a positive self-image.

Teaches how to work as part of a team.

Develops social skills with other children and adults (such as taking turns and sharing playing time).

Teaches both how to manage success and disappointment.

Teaches how to respect others.

“You find that you have peace of mind and can enjoy yourself, get more sleep, rest when you know that it was a one hundred percent effort that you gave – win or lose.” - Gordie Howe



Popular Sports



Soccer
Football
Rugby
Basketball
Tennis
Gymnastics

Cycling
Karate
Cricket
Baseball
Volleyball
Swimming

Golf
Dance
Lacrosse
Hockey
Skiing
Surfing

Choosing the Right Sports Program

What is my child interested in? One sport or several seasonal ones?

What can I afford in time, money and commitment?

What is the coach's philosophy? Do we share the same values and beliefs about sports? Does this coach enjoy working with athletes at my child's level?

Do all the kids in the program appear to be having fun? Are they all involved?

Am I comfortable with the parents of the children who participate?

Is the equipment and location safe? What procedures are followed if my child is injured?



AGE APPROPRIATE ACTIVITIES

Every child develops at a different rate. It's best to work within your child's maturity and skill level.

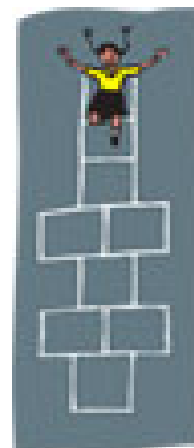
Ages 2 to 3

Very young children are beginning to master many basic movements — running, catching, jumping — and they're too young for most types of structured exercise. Try:

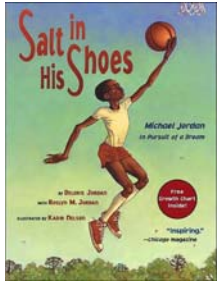
- Running and walking in a park or playground
- Swinging at a park, backyard or playground set
- Supervised water play
- Toddler gymnastics classes led by professionals
- Tumbling

Ages 4 to 6

- Dancing (SRP offers a “Jumping for Joy” class)
- Games such as hopscotch or tag
- Jumping rope
- Playing catch with a lightweight ball
- Riding a tricycle or a bike with training wheels

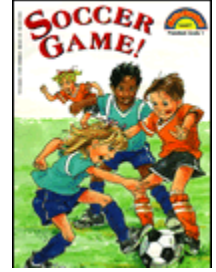


After age 6, children's motor skills and sense of safety improve. Your child may also be ready for team sports.



Salt In His Shoes: Michael Jordan. The mere mention of the name conjures up visions of basketball played at its absolute best. But as a child, Michael almost gave up on his hoop dreams, all because he feared he'd never grow tall enough to play the game that would one day make him famous. That's when his mother and father stepped in and shared the invaluable lesson of what really goes into the making of a champion -- patience, determination, and hard work.

Story Time



Soccer Game!: This lively, rhyming Hello Reader! story came out just in time to match the growing popularity of soccer in the U.S. Young readers will delight in the easy-to-read format that takes them through the ups, downs, and fun of a soccer game. A Level 1 Hello Reader! for beginning readers. Includes full-color illustrations.

WAYS TO PROMOTE SPORTSMANSHIP

Coaches and parents can promote good sportsmanship by:

...maintaining a "Fun is Number 1" attitude - if everyone is having fun, it will make learning all aspects of the game more enjoyable and rewarding.

...designing sport activities which facilitate cooperation rather than just competition so that youth learn about fair play.

...teaching children the rules of the game and making sure that everyone (players, parents, fans) abides by those rules during competition.

...encouraging/supporting all players on a team.

...controlling emotions in frustrating situations.



...treating officials, coaches, players, teammates and opponents with respect and avoiding ridicule and sarcasm.

...using moments from the game to teach about being a good sport (i.e. "I know it seemed like you got the runner at first out, but I was really proud that you didn't argue with the umpire.")

...making sure there are consequences when poor sportsmanship is displayed.

...providing examples of good sportsmanship such as shaking hands with the opponent at the end of the game.

Helpful Resources

http://www.kidshealth.org/parent/nutrition_fit/fitness/signing_sports.html

<http://www.ipl.org/kidspace/browse/spt0000>



For more information on the IUSD School Readiness Program visit:
<http://www.iusd.org/eclc>

SPORTSMANSHIP



A Child's Explanation

"Don't cheat."

"Don't get mad or cry when you lose."

"Don't yell at your teammates when they make a mistake."

A Parent/Coach's Explanation

It is important to do your best and strive to improve your own abilities.

Showing respect for the game, the players, the rules, and the officials is crucial to being a "good sport."

Be gracious whether you win or lose.