



MARTINEZ COOPERATIVE PRESCHOOL PTA
600 F Street, Martinez, California 94553 Phone: (925) 228-3276 ext. 241

Movement and Play Policy

Outdoor obstacle courses will be set up and supervised by staff/parents twice weekly, with the emphasis on gross motor skills, following directions and music. The obstacle course will be offered to the children at least twice weekly. It will be available during the whole preschool morning, from 9:30- 11:45am.

Yoga with the children will be presented by the teacher weekly. The children will spend at least 30 minutes doing yoga.

Information on the benefits of yoga and the importance of gross motor skills will be sent home for the families.

This policy will be instituted on December 1, 2014. The policy will be presented to the families at our monthly parent meeting.

We will give the parents printed information on a variety of obstacle courses and what the children will gain by participating.

We will introduce our Yoga with children program which includes a guide book with photos to show correct positioning and the benefits of yoga.

The Martinez Cooperative Preschool PTA is a non-profit 501c(3) organization.

TAX ID number is #38-3702579.

Lynn Pfeiffer
Director, Martinez cooperative Preschool

Kathy Farwell
Director, Martinez Adult Education