



CASE STUDY:
Amazing Athletes and Pacific Preschool
& Kindergarten Partnership

THE POWER OF **PARTNERSHIPS** TO **BUILD** A GENERATION
OF **HEALTHY KIDS**



Lynda Way

Founder of Pacific Preschool & Kindergarten

"Amazing Athletes has continually evolved, always adding and creating more and different activities to enhance the level of fun and the learning of new skills. This experience for our four-year-olds is truly an advantage adding to their learning process!"

Overview

Since the early 2000s, Amazing Athletes has partnered with Pacific Preschool & Kindergarten's three Southern California locations to empower children to live healthy lives through Amazing Athletes' active classroom curriculum. Both parties embrace the importance of physical activity in children, as well as understand its importance in brain development and classroom and academic success.

This decades-long partnership has resulted in the successful development – physically, socially, emotionally and cognitively -- of thousands of young children through the power of structured play.



The Challenge: Creating Active Classrooms with Limited Resources

A sedentary lifestyle has been linked to a number of health problems that plague America, such as diabetes, obesity, heart disease, anxiety and depression. Some of these diseases begin showing signs in children as young as 2 to 4 years old.

Multiple studies show that exercise is a critical part of children's physical, mental, emotional, and social development, yet many schools are cutting back on structured physical activity.

Despite the obvious need to get children active, many preschools simply don't have the bandwidth, resources or expertise to create research-based active classroom curricula specific to the developmental needs of their young students.

"In order to achieve their maximum potential in learning and all areas of brain development, every child needs physical activity. The use of those large motor skill muscles is going to parlay all the way through this child's developmental process and ultimately impact their academic success. It's imperative that they have many successful opportunities to develop those skills and become at one with their little bodies."

-Lynda Way



Solution: A Structured, Active Curriculum

Amazing Athletes' partnership with Pacific Preschool & Kindergarten provides all Pacific Preschool & Kindergarten students (20-40 students per school, per year) with fully-funded access to the Amazing Athletes program.

Amazing Athletes provides a year-round, structured curriculum that introduces students to 9 different ball sports and helps them to master 7 key areas of motor-development. Children in the program learn to identify and locate 10 different muscles, distinguish the purpose of vitamins and minerals in their fruits and vegetables, and develop key fine and gross motor skills.

The program is taught in a non-competitive, learning-based environment, where each child develops at his or her own progression level to ensure each is able to reach his or her highest potential.

In addition to physical development, such as coordination, flexibility, and balance, children also learn essential life skills including:

- Concentration
- Teamwork
- Goal-setting
- Confidence
- Patience
- Social skills