

Physical Education

- The Nugget couch activity provides opportunities for the 4 year old to engage in gross motor movements such as climbing, jumping, and balancing, fostering physical development.
- Through imaginative play using the Nugget couch, the student can enhance their coordination and spatial awareness as they navigate and manipulate the cushion pieces.
- The activity encourages active play and movement, promoting cardiovascular health and energy expenditure for overall physical fitness.

The Nugget couch can be used in various ways to continue physical development. Encourage the child to create obstacle courses using the cushions and incorporate movements like crawling, jumping, and balancing. Additionally, use the Nugget couch as a base for imaginative physical games that involve running, climbing, and moving their bodies in different ways.

Book Recommendations

- [The Couch Potato](#) by Jory John and Pete Oswald: A fun story about finding the balance between screen time and physical activity.
- [Move!](#) by Steve Jenkins and Robin Page: This book introduces different animals' movements and encourages kids to mimic them for physical exercise.

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