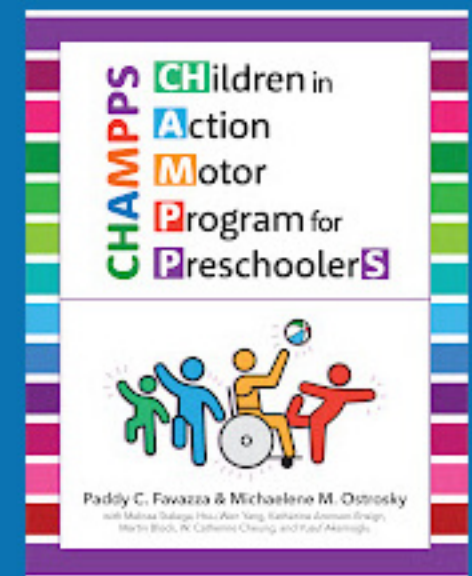


# 7 types of motor skills promoted by CHAMPPS

## Children in Action: Motor Program for Preschoolers (CHAMPPS)

By Paddy C. Favazza & Michaelene M. Ostrosky, with Melissa Stalega, Hsiu-Wen Yang, Katherine Aronson-Ensign, Martin Block, W. Catherine Cheung, & Yusuf Akemoglu



Fun, effective, and research-based, the CHAMPPS motor program **increases all children's physical activity** in inclusive preschool classrooms while **supporting key school readiness skills**. In just 30 minutes a day for 2-3 days a week, you'll teach **seven units of increasingly advanced motor skills**:

### Foundational Motor Skills

#### Walking and Running

#### Balance, Hopping, and Jumping

#### Catching

#### Throwing

#### Striking

#### Kicking



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