11/9/2026
Hot Springs Early Childhood Association
Presentation: Move It! Gross Motor Play
Training Minutes

There were 12 people in attendance, including five board members, representing six centers.

The meeting was called to order at 6:00 pm.

Melanie Jackson introduced the Childcare Aware staff and explained her role. She then introduced Kenna Powell with Curricula Concepts. Kenna shared information about Curricula Concepts and briefly introduced herself.

The presentation, Move It! Gross Motor Play, focused on the importance of gross motor activities for young children and ways to incorporate movement into the classroom. Participants began by talking in small groups about their favorite gross motor activities. The next activity included stretching exercises and a game of Headband, in which participants demonstrated the activity shown on a card placed on a teammate's forehead.

Kenna discussed how movement activates the brain and shared ways to implement gross motor activities in the classroom. Suggestions included establishing classroom rules, providing a designated play area, using positive modeling, allowing children to explore, and offering a settle-down activity after active play.

The group discussed big body play, including the difference between active physical play and real fighting. Kenna emphasized the importance of establishing rules to help guide this type of play. She also explained that upper-body strength is especially challenging for young children and suggested activities such as pushing, pulling, and lifting heavy objects.

Participants worked in groups to develop gross motor activities using two assigned objects. One group was given hula hoops and rope and suggested activities such as a crawl-through obstacle course, jumping from hoop to hoop, tug-of-war, tightrope walking, jumping over the rope, jump rope, and limbo. Each group shared its ideas with the others.

Kenna also discussed classroom activity centers that encourage movement. Each group visited an activity center set up in the room. The presentation included a discussion of family connections and how simple acts can make everyday moments more meaningful.

Participants took part in additional group activities, including a cleanup game in which teams moved socks from one side of a sheet to the other while trying to get all the socks onto the opposing side. Another activity involved tossing socks toward a smiley face. Participants were encouraged to name the activities they enjoyed and could use with children.

The training concluded with a wrap-up discussion about what participants learned and which activities they would like to try with the children in their care.

Melanie drew tickets for door prizes, and the meeting was dismissed at 7:15.