



Tree Pose

Wall Push-up



Step



Jump



10

9

7

8

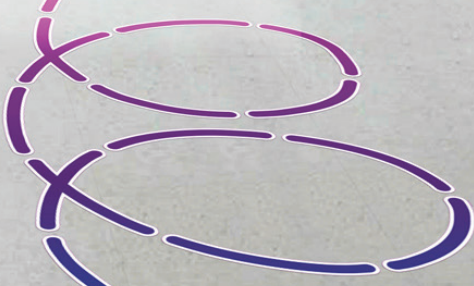
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March



Toe to Heel



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Nature Sensory Pathway Deluxe Super Stickers® Package Activity Guide



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plus application kit

What's Included in this Activity Guide:

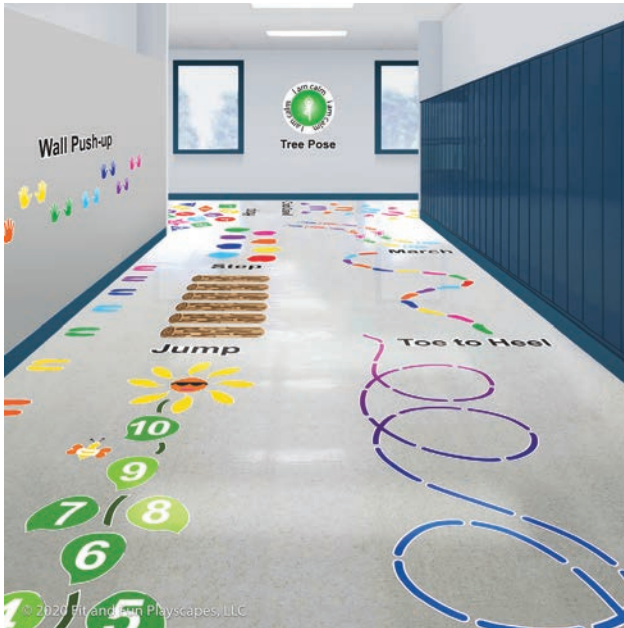
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Nature Sensory Pathway Activity Deluxe Guide

The Nature Sensory Pathway Super Stickers® are one of several sensory motor pathways Fit and Fun uses to engage kids of all ability levels!

The activities in this guide were developed to provide teachers and therapists with a logical progression of gross motor skills such as running, jumping, hopping, skipping, galloping and leaping that will encourage children to move along the pathway in a creative and successful manner.

We hope that you use these suggestions to create your own designs while encouraging your children to be active and playful learners. The guide provides basic suggestions for how to design and layout a sensory motor pathways as well as activity ideas to help teachers promote movement.

In addition, extension activities are provided to engage advanced learners as well as those who may need additional support. Our goal is to help children feel confident in their shoes where ever they play and our mission is to ensure children have movement opportunities throughout their day!

The Need for Sensory Motor Pathways, Movement Opportunities and Modulation

Sensory motor pathways such as the Nature Sensory Pathway not only afford children an opportunity to move and practice fundamental motor skills (run, jump, hop, slide etc) but the pathway provides stimulation of critical senses (vestibular, tactile, and proprioception) that help children regulate or find “homeostasis or balance” in their sensory systems.



A well designed sensory motor pathway includes opportunity for stimulation and modulation of the vestibular, proprioceptive, and tactile senses. Stimulation refers to the environment and what is in the environment (light, color, sound, shape, etc.). Modulation refers to the child's ability to take in and interpret the stimulation that happens in the environment. An effective sensory motor pathway uses the environment to strategically place stimuli (stickers, visual patterns, vinyl play mats, painted pavement or objects) that promote an opportunity for children to explore how their bodies move. The more a child experiences and explores various types of movement patterns the more this helps children learn to modulate the sensory stimuli they encounter.

Take for example vestibular or the sense of balance. When a child receives stimulation from the environment, the brain must modulate (process of increasing or decreasing neural responses) that information to stay in harmony with all the other senses of the nervous system. When a child struggles with or is fearful of being "off balance" or "not grounded", the child's sensory system feels as if it is disorganized and the brain can't effectively interpret the sensation. Children will often cry, avoid or act out to get away from the sensation. These behavioral responses inhibit a child's ability to pay attention, focus and function effectively in the environment. In some ways, it is like the volume on a radio. We want to be able to adjust the volume (not too loud or too quiet) in order to match the environmental situation keeping all the other senses in harmony with each other. For the child who struggles with vestibular input, practice on a sensory motor pathway can help them find just the right amount of sensory input they need to feel grounded and keep their sensory system in harmony.

Sensory motor pathways provide movement opportunities that stimulate sensory modulation (regulation) and improve fundamental motor skills through practice. The more the child has a chance to explore various sensory inputs through movement, the more likely the child will learn to modulate the various sensory stimuli they encounter throughout their day.

This guide will help you create a successful sensory experience. The overall feedback we have received is that children will be more focused during instructional time, more engaged in classroom activities, and have a better understanding of strategies to self-regulate and be re-centered. We have helped thousands of schools and teachers by empowering them to help their students become better learners! Thank you for purchasing your sensory pathway from Fit and Fun Playscapes. We'd love to hear from you and your experience - contact us to share your experience at (800) 681-0684 or info@fitandfunllc.com.

Sensory Pathway Planning and Tips

Wonderful! You made the leap and are ready to provide an amazing experience for your kiddos by integrating sensory movement into their daily routine! Before you begin installing your Super Stickers®, please review this Activity Guide and the Application Instructions (provided to you when you purchased.)

Our Super Stickers® are 3M products designed to handle typical floors and walls. We promote the concept of "sensory continuity" or providing the opportunity for children to feel confident in their ability to move from one space or environment to another. For example, sensory continuity exists when visual cues (e.g. jumping logs decals) are located in more than one area such as the hallway, the gymnasium, the classroom and the playground. Children build confidence and reduce anxiety when they are familiar with the environment and the sensory cues they encounter. Children who struggle transitioning from one environment to another will find it easier as they will see the visual cues they know - and in turn - will know what to do.

Just like kids, there really is no one size fits all approach. However, the feedback we receive from educators is that too much visual stimulation does not make for a successful sensory pathway. The correct balance of graphics, color and pattern, is fundamental to our design approach. We want to engage children without an abundance of unnecessary, distractful graphics. That's the key!

Consider the following when planning your sensory space:

1) Your children's needs are critical

- Who will use the path and what are their needs?
- Are there physical or development challenges that need to be considered?
- Will the sensory pathway be self-guided or instructor-led?
- Will individuals use the sensory pathway or will groups use it at the same time?
- Do your children need more stimulation (high energy) or do they need to regulate with less activity (low energy)?
- Are your children distracted or unengaged?
- Or do all of the above apply?

2) Laying out your sensory pathway in a sensible location

- Please see some layout suggestions towards the end of this guide. Remember, there is no one size, fits all so get creative!
- Review the application instructions to ensure that your floor and wall surfaces meet the criteria for installation. There are some surfaces that just don't like stickers!
- Where would you would like to install the sensory pathway? The best place to install a sensory pathway is where the kids can get to it easily but not in a place with a lot of traffic and noise. And try to keep the Super Stickers® away from outside doors for optimal durability.

Sensory Pathway Planning and Tips Continued

- Consider the size of the space and the flow in which you would like your children to use the sensory pathway. Is it a continuous loop or is there a distinct beginning and end? Feedback we've received is that a consistent direction and simple route is best. Zig-zagging is confusing to those that already have difficulty staying focused and regulated.
- The spacing between each element or set of movements is important. The spacing on our website and catalog is not always a great indicator of how to space elements out due to the spatial limitations on a website. Educators typically like to have a lot of space between the movements so that children have the time and space to consider and plan out how they will accomplish the next set of movements. In addition, OTs, PTs and PE teachers would prefer to use that "in-between" space to integrate other equipment into the pathway.

3) Sequencing and patterns are key!

- The first movement should always be something that all children using it can do. Starting with a movement of high success gives confidence to the children and the desire to accomplish more challenging movements. If the first movement is too difficult, the child may not be willing to continue at all.
- We recommend 8-10 movements, comprised of cardiovascular, proprioceptive, vestibular, bilateral and tactile movements. It is important to start with a highly successful movement, building in intensity and complexity as the pathway continues, and culminating with breathing about midway. The second half of the pathway should be focused on "winding down", perhaps with more focused or thoughtful movements. The pathway should end with some mindful movement, reflection and breathing.
- Too many movements may result in overstimulation and too few may not be stimulating enough. Balance is key.

4) Management of your sensory pathway

- Some schools are reluctant to install a sensory pathway, concerned about the management and "rules" to be followed about when it is used and how it is used. We recommend that the same strategies for behavior and consequences at the school pertain to using the sensory pathway as well. These expectations and consequences should be shared with all students and teachers using the pathway.
- Expectations should include who uses the pathway, when it is used, why it is used, etc.
- Consider how all students will respond to the sensory pathway between classes during transitional times.

We hope these planning tips help you. You can find additional information on our website by visiting our Sensory Pathway Resource Center.



VISIT OUR
Sensory Pathway
Resource Center



Daisy Hopscotch® Super Stickers®



Description

One of our best sellers, and you can see why with these colorful stickers.

Hopscotch is such a great way to let children express their ability to hop and jump. Encourage alternating movement patterns (R/L). Play the traditional Hopscotch game and add a bean bag toss to practice balance too!

Set consists of 26 stickers plus the movement word “Hopscotch”.

Size

Leaves: 9-11 inches across, flower head: 29 inches across.

Placement

The Daisy Hopscotch® element is 9 feet long but can be placed further apart to accommodate more hall space. This element promotes so many ways to move beyond the traditional game of hopscotch. Bending the hopscotch path around a corner or curving the path gives a creative way to look at a traditional game. Consider moving the “leaves” of the hopscotch set closer or further apart depending on the learner!

Activity Suggestions

Jumping and hopping are key to this element. Both work on vestibular (balance) and proprioception (pressure) as children feel the weight of their own body as they jump up/down, over, and across while moving from one leaf to another! Hopscotch jumping promotes coordination of both sides of the body to jump up and land on both feet at the same time while hopscotch hopping (one foot) promotes balance as they progress along the path. Younger learners and those who struggle with balance may not jump or hop from one leaf to another however encourage movement following the path. Teachers and therapists can observe difficulty in an authentic assessment format as children interpret the pattern and decide how to move.

Extension Activity

Encourage young learners to move in a variety of ways. For young learners encourage spatial awareness, visually attending to the task, and gauging the amount of force or power they will need to jump or leap further as they move from leaf to leaf.



Jump Logs® Super Stickers®



Description

Log off of digital games and jump your way over this log pathway.

Jump on, jump off, or jump over! The log jump is a great way to link your pathways together and can be used everywhere!

Set consists of 6 log stickers and movement word “Jump” sticker.

Size

Each log sticker is approximately 8.5 inches wide by 24.75 inches high.

Placement

Get creative with your logs! Alternate right or left – or place the logs in a curved path. Straight line jumping is fine too! Provide enough space so that children can jump “on” each log or jump “over” each log – it all is up to the child’s creative approach to moving! My favorite is to alternate the logs and change the angle so that kids too will have to THINK before they leap/jump! For example, create a “log jam” – and the children have to choose how to get through it.

Activity Suggestions

Jumping works on both vestibular (balance) and proprioception (pressure) as children feel the weight of their own body as they jump up/down and over while moving from one log to another! Jumping Logs promotes coordination of both sides of the body to jump up and land on both feet at the same time while progressing along the path. Younger learners and those who struggle with balance may jump while leading with one foot or the other (a type of leaping pattern). Teachers and therapists can observe difficulty on the Jumping Logs during the take-off (one foot) or landing (landing on one foot then the other). Encourage children to take off and land with both feet at the same time. While some of your more advanced movers may just leap from one log to the next!

Extension Activity

Encourage young learners to swing their arms backward while taking off with both feet landing and on both feet with arms forward. Switch the activity and tell the children they must “jump over” the logs rather than on them to encourage special awareness, visually attention, and gauging the amount of force or power they will need to jump further.

Crab Crawl Super Stickers®



Description

No one is crabby after navigating our colorful Crab Crawl stickers.

Strengthen shoulders and core while watching funny faces form during the Crab Crawl! It isn't the easiest skill but one that many children will benefit from if they work at it!

Set consists of 34 stickers, including 8 sets of footprints, 8 sets of handprints, and movement words "Crab" and "Crawl" stickers.

Size

Each footprint is 4 inches wide by 9.5 inches high. Each handprint is 6.25 inches wide by 6.75 inches high.

Placement

Crab crawling is great for both proprioception (heavy work) and balance! Crab walking is difficult for some children so consider placing the crab walk in a straight line or curve for approximately 10 feet as children move backwards towards the next element. Be sure to leave adequate space at the end for children to be able to roll over and get up and turn around.

Activity Suggestions

Crab crawling promotes weight bearing and shoulder girdle strength. Feet and hands should be moving in opposition as kids crawl backwards. Don't worry about having the kids be "on the stickers" – each child will move in their own way however do encourage keeping their butt off the ground.

Extension Activity

Encourage young learners to crawl backwards – butts off the floor – and even consider crab walking sideways or forwards. Both movements promote shoulder girdle strength and creativity in performing the element.



March Ants Super Stickers®



Description

Get those knees up and march like an ant with these colorful stickers.

Exaggerate your march using full arm swings and high knees. Encourage eyes up to promote balance too!

Set consists of 16 ant stickers and movement word “March” sticker.

Size

Each sticker is approximately 6.5 inches wide by 9.25 inches high.

Placement

Consider the size of your learners. Note that everyone is NOT the same size nor do they have the same stride length. Therefore, consider variation in how you place the ants – distance from each other – some closer while others might be farther apart and MOST IMPORTANTLY encourage young learners to move creatively as there is NO WRONG way to follow Marching Ants!

Activity Suggestions

Marching Ants are a great way to get kids started in the sensory pathway. What better way to discover the next activity than to follow a line of ants! Marching Ant Stickers can be placed single file, side by side, or in an alternating right/left / left/right pattern. The Marching Ant set are great “connectors” as they lead the child from one activity to another. We like to start with the Marching Ants as they are easy to see and follow providing the highest level of success for ALL children.

Extension Activity

To encourage young learners to be creative as they follow the Marching Ants is to ask the kids to say the color of the ant as they follow the path. Additionally, ask the children to count the number of Marching Ants they encounter. We like to see children crossing midline as much as possible when using a sensory pathway so encourage kids to “step across” or “criss-cross” as they alternate steps and follow the Marching Ants.

Step Stones Super Stickers®



Description

Step your way down the hallway with these colorful stones.

Step, yes. But you can jump, hop, leap, or stomp too! These stones promote heavy work (proprioception) while enhancing motor skill patterns.

Set consists of 8 stone stickers and 1 movement word “Step” sticker.

Size

Each stone sticker is approximately 11 inches wide.

Placement

Stepping stones are my favorites as they are NOT just for stepping! Whether these are placed in a straight line, alternating right/left, or randomly placed in a play area – children will find unique and fun ways to move on, around, or through the shapes. It’s really all up to the child’s creative approach to moving! Challenging children to explore how they move is the essential key to success when using the stepping stones! These can be placed further apart and staggered to allow more “open loop” movement skills and child initiated creativity when moving!

Activity Suggestions

Stepping stones are a great way to promote jumping, leaping, hopping, and most importantly criss cross (midline) stepping. Leaping with two feet works on coordinating movements of both halves of the body while stimulating their vestibular (balance) and proprioception (pressure) systems. Additionally, children must visually attend to the stepping stone as they look to move to another! Stepping stones promote coordination, midline crossing when zig/zagging and doing a “grape vine” pattern. Younger learners and those who struggle with balance may step from one spot to another while others might parallel jump from stone to stone! Teachers and therapists can observe difficulty on the Stepping Stones while the children decide how to move. Motor planning on the stepping stones is encouraged as there is no WRONG way to do the task! Encourage children to move anyway they choose and challenge them to leap over a stone too!

Extension Activity

Stepping stones are a great way to promote jumping, leaping, hopping, and most importantly criss cross (midline) stepping. Leaping with two feet works on coordinating movements of both halves of the body while stimulating their vestibular (balance) and proprioception (pressure) systems. Additionally, children must visually attend to the stepping stone as they look to move to another! Stepping stones promote coordination, midline crossing when zig/zagging and doing a “grape vine” pattern. Younger learners and those who struggle with balance may step from one spot to another while others might parallel jump from stone to stone! Teachers and therapists can observe difficulty on the Stepping Stones while the children decide how to move. Motor planning on the stepping stones is encouraged as there is no WRONG way to do the task! Encourage children to move anyway they choose and challenge them to leap over a stone too!

Toe-to-Heel Footprints Super Stickers®



Description

The kiddos will need to go slow and concentrate on this one.

Toe-to-Heel walking is the classic test for balance. Practice using arms out and eyes up to get full performance from your kiddos!

Set consists of 16 footprint stickers and movement words “Toe” “to” and “Heel” stickers.

Size

Each footprint sticker is approximately 4 inches wide by 9.5 inches high.

Placement

Toe-to-Heel walking is also great for balance so get creative with your feet! Consider a zig zag, curve, or S-shape. Also consider foot placement to the right or to the left as if they are criss-crossing as they take a step (insert small diagram) to encourage midline crossing. Midline crossing while walking helps to increase vestibular stimulation while challenging young learners to move in unique and fun ways.

Activity Suggestions

Toe-to-Heel walking is a great way to work on the vestibular system (balance) and coordination of the body! Toe-to-Heel walking also promotes visually attending to the task as kids will want to look at the right /left pattern as they “balance” and move along the path. Toe-to-Heel Stickers can be placed single file (be sure to alternate right/left) in a straight line or in a curved path or circle. The Toe-to-Heel stickers are great way to observe a child’s coordination and balance as they follow the pattern and place one foot directly behind the other. Children who struggle with this activity and or vestibular delays may be observed walking with short steps and up on their toes rather than stepping Toe-to-Heel and not attending visually to where they are stepping.

Extension Activity

Encourage young learners to attend visually to the right/left foot pattern. Ask the kids to say the color of the footprint or count each step as they follow the path. To challenge the children and make the activity a bit more difficult, ask the children to look up at the sky or ceiling while keeping their feet in a Toe-to-Heel pattern. Children who struggle with balance may find this activity a lot more challenging!



Wall Push-Up Super Stickers®



Description

Wake up your whole body with wall push-ups!

Whether you are pushing on the wall or crossing midline with your hands, the wall stickers are a great way to practice motor planning using both hands and feet. NOTE - place hands to promote midline crossing and put feet farther from wall to promote increased weight bearing.

Set consists of 34 stickers, including 8 sets of handprints, 8 sets of footprints, and movement words “Wall” and “Push-up” stickers.

Size

Each footprint is 4 inches wide by 9.5 inches high, each handprint is 6.25 inches by 6.75 inches.

Placement

Wall push-ups promote heavy work or proprioception. Placement of the hands on the wall should be both low (Down Low) and high (Reach High). The real goal of the wall pushups is to promote weight bearing activities at the hands and shoulders. In addition, reaching or leaning into the wall promotes an important stretch of the calf muscles (gastrocnemius) which is critical for many children who have a tendency to toe walk. Therefore, placement of the hands should be below shoulder height and placement of the feet should NOT be close to the wall but rather about 2-3 feet away so that the child can lean into the wall to reach LOW and reach HIGH.

Activity Suggestions

Wall push-ups are an essential aspect of the sensory pathway. Wall push-ups promote weight bearing and “heavy” proprioception that helps young children learn about how much force and pressure they need to sustain their body position. Too often, children do not get opportunities to lift or push heavy objects. Weight bearing on their hands is a great way to promote this very calming sensory activity! Activities for this element beyond reaching high and low can include one hand high while another is low. In addition, alternating foot placement such as in a lunge position (balance) is another great way to promote proprioception while engaging the vestibular system. Both are often very calming activities.

Extension Activity

Encourage young learners to count or say the ABC’s while doing the activity. Challenge learners to reach as far as they can or go as low/high as they can while maintaining their balance. If they slide down the wall or fall to a knee – no big deal! Falling is another great way to promote proprioception and to learn about how their body can modulate this sometimes scary sensation!



Tiptoe Loop® Super Stickers®



Description

Slow down and tiptoe on our loop-d-loop sticker. Even the colors are calming.

Walking on your toes promotes balance and strength while attending visually to the task! Tiptoe slowly as quiet as a mouse - keeping your eyes on the colors - then speed up as you go!

Set consists of 26 stickers, including movement word “Tiptoe” sticker.

Size

Approximately 2 feet 9 inch wide by 12-foot long.

Placement

Tiptoe placement can be set up as a small element where the child simply takes tiny steps on their toes as if they are sneaking quietly through the pathway or you can encourage children to take long strides while crossing midline or zig zagging as they try to stay on their tiptoes.

Activity Suggestions

The Tiptoe Loop® is easy to follow and will allow children lots of ways to move. Consider sliding on this activity as if trying to balance on a rope or even walking backwards as they look back to follow the various loops.

Extension Activity

Encourage young learners to move in a variety of ways on the Tiptoe Loop®. Walking forward, backwards, sliding sideways, tiptoeing or even taking giant strides are great ways to encourage movement on this element. Encourage kids to move slowly as well as fast and to make sure they stay touching the line!

Hop Letters and Shapes® Super Stickers®



Description

Hop by letters, or hop by shapes. Either way, your students will be happy hopping.

Integrate motor skills with cognitive learning! Challenge your kiddos to spell their favorite word while hopping, jumping, or leaping.

Set consists of 26 alphabet stickers and movement word “Hop” sticker.

Size

Each sticker is approximately 8-21 inches wide by 9.25-16.75 inches high.

Placement

Get creative with your letters and shapes! Alternate right or left – and encourage crossing midline when stepping. Straight line jumping (two feet) or hopping (one foot) is fine too! Provide enough space so that children can jump, leap, step, hop, lunge, or twist as they move toward each shape or letter. It’s all up to the child’s creative approach to moving! My favorite is to alternate the letters and shapes to change the angle making kids THINK before they leap/jump/hop/step etc!

Activity Suggestions

Jumping, hopping, leaping and stepping works on both vestibular (balance) and proprioception (pressure) as children feel the weight of their own body as they weight bear on one or both feet. The letters and shapes promote coordination of both sides of the body as they jump up and land on both feet at the same time or while landing on one foot or the other.

Extension Activity

Encourage young learners to swing their arms backward while taking off or hold their arms out for balance as they hop step or leap their way through the pathway. Switch the activity and ask the children to say the letter or come up with a word that starts with the letter. More advanced learners could connect the letters into words such as “B” for Bear.

Tree Pose Super Stickers®



Description

Watch how quickly your kiddos balance and calm down using the Tree Pose.

The Tree Pose is a great way to end your path and feel great about what you have accomplished! Challenge balance with eyes open or closed. Consider a mirror on the wall so kiddos can see how they are controlling their bodies!

Set consists of 1 tree pose sticker and movement words “Tree” and “Pose” stickers.

Size

Activity circle is approximately 35 inches across.

Placement

The Tree Pose yoga element should be placed in a space at the beginning of a path or at the end and in an area that will allow the child to be stationary for 25-30 seconds. If placed at the beginning the tree pose helps children “ground” or center themselves BEFORE starting the pathway. If placed at the end, the tree pose helps children calm down and “ground” or center before returning to their class or activity. In either case, controlled breathing should be encouraged!

Activity Suggestions

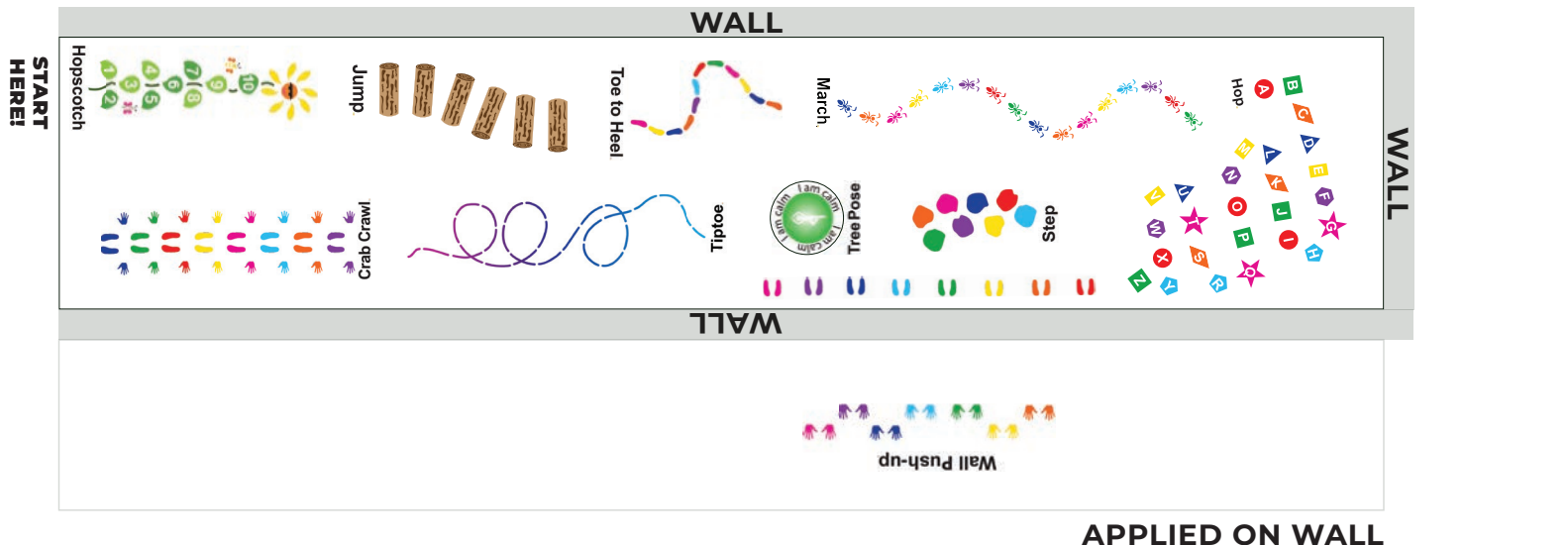
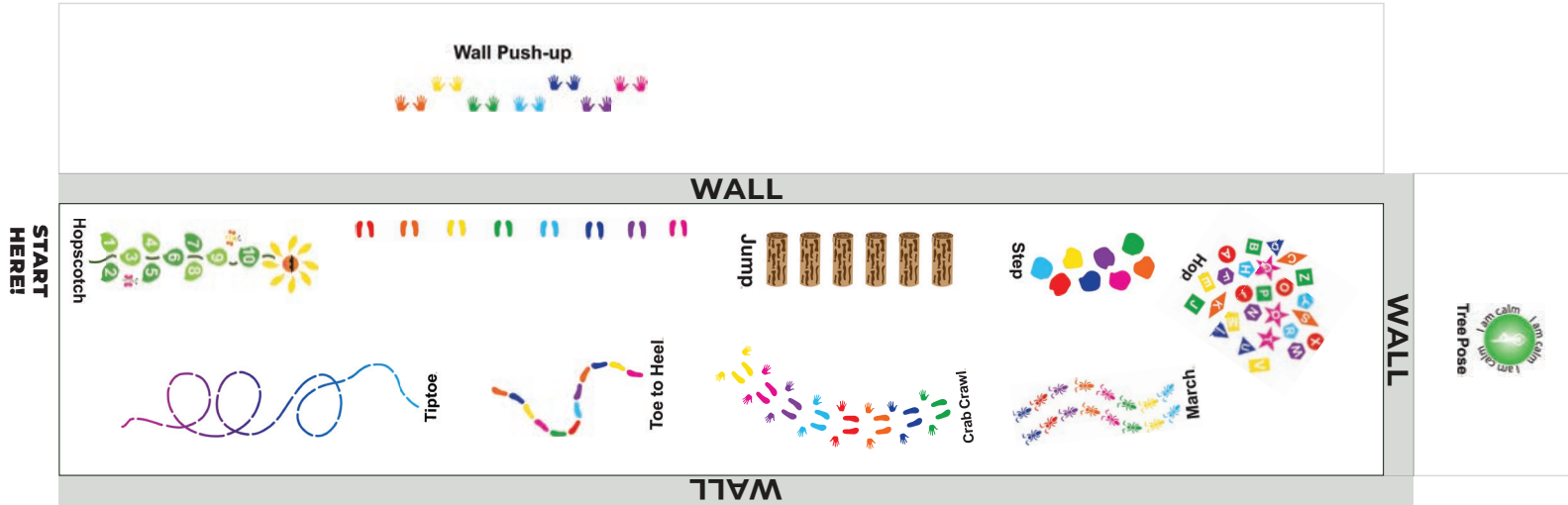
The Tree Pose yoga element should be purposeful and is an essential aspect of the pathway. Whether calming down or priming up the body to engage the path – this element teaches children to self regulate. Make sure the children understand what is expected at this element. We suggest that children should SLOW DOWN – focus on BREATHING – and allow more than one student to participate on or near this element at the same time!

Extension Activity

For students who are excellent at balance challenge children to close their eyes and while standing on one foot. If the child cannot stand on one foot without falling or losing balance allow them to stand on both feet (but close together). Another option is to provide a step or block so that one foot is grounded while the other is slightly elevated on the block.

Sensory Pathway Layout Examples

APPLIED ON WALL



APPLIED ON WALL

Individual Element Layout Ideas

Jump Logs® Patterns

Pattern #1



Pattern #2



Pattern #3



Pattern #4



March Ants Patterns

Pattern #1



Pattern #2



Pattern #3



Pattern #4



Crab Crawl Patterns

Pattern #1



Pattern #2



Pattern #3



Individual Element Layout Ideas

Hop Letters and Shapes® Patterns

Pattern #1



Pattern #2



Pattern #3



Pattern #4



Toe-to-Heel Patterns

Pattern #1



Pattern #2



Pattern #3



Pattern #4



Step Stones Patterns

Pattern #1



Pattern #2



Pattern #3



Pattern #4



Sensory Pathway Gallery



Sensory Pathway Gallery



Sensory Pathway Gallery





Special thanks from Pamela Gunther, Founder & CEO of Fit and Fun Playscapes

I would like to thank and acknowledge the inspiration, guidance, and support of Dr. Timothy D. Davis, CAPE, of SUNY Cortland's Physical Education Department.

Dr. Tim, as we affectionately call him, is the national chair of the Adapted Physical Education National Standards (APENS) Program and oversees the national standards and certification process in Adapted Physical Education, sponsored by the National Consortium on Physical Education and Recreation for Individuals with Disabilities (NCPERID). He is also a part of the SUNY Cortland CHAMP/I Can Do It afterschool peer mentorship program, the Sensory Integration/Motor Sensory (SIMS) Movement Center, and a creator of Project DREAM – a service-learning program established to address the needs of transition-age students with disabilities.

Dr. Tim is one of many passionate physical educational leaders that strive every day to improve the lives of children, but he is especially dear to Fit and Fun because of his dedication to children of ALL abilities across the globe. In particular, his exacting commitment to the physical education field and his ability to inspire everyone he meets are important to Fit and Fun.

I would also like to extend a special thanks to his patient wife, Alexis Abdo-Davis, an adapted/physical education teacher and 2020-2021 NYS AHPERD Adapted Physical Education Teacher of the Year. Alexis has worked for years with children and their families in her community and created the APE program for her district. She developed a sensory gym in her middle school and was able to adapt the space to accommodate students with severe and profound disabilities. She is an amazing force!

**Thank you,
Pamela Gunther**



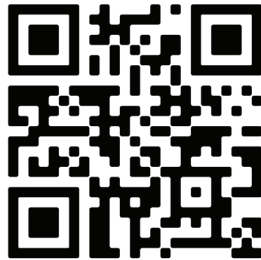
Fit and Fun Playscapes, LLC

220 Overocker Road
Poughkeepsie, NY 12603

Call Us: (800) 681-0684

Email Us: info@fitandfunllc.com

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