

Physical activity

To improve and strengthen our ability to help our children's physical development we have become an official sports kindergarten. This means:

- That in order to improve their motor skills we give our children physical challenges that are fun to perform and which increase their desire to develop still further
- That our parents appreciate that our children are physically active indoors and out and that this means clothing that gets dirty and worn
- That our staff use pre-school sports and games to improve our children physically, emotionally, and intellectually, which also rubs off on the social life of the group
- That the way we organize BC Trekanten and our outings actively builds our children's coordination, balance and confidence.