

# Pushing to Pedaling Preschoolers

## at the Brownsburg Early Childhood Center

Sponsored in part by  **BUSENBARK CLARK & ASSOCIATES**  
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**Students impacted: 275 per year | Subjects: Gross Motor Skills and Physical Fitness**

Students at the Brownsburg Early Childhood Center (BECC) are LOVING the tricycles and plasma cars purchased with this grant that was awarded to teacher Lenore Delamarter wrote this grant to increase the number of riding vehicles available to the students to help with improving their body awareness, balance, and coordination. The pedaling action needed to move a tricycle helps to improve motor integration, which involves coordinating complex movements between the brain and muscles. Further, riding a tricycle or bike requires that children practice proprioception, or conceptualizing where their bodies are in space. Both of these exercises are extremely important for brain development. "The enjoyment on the students' faces as they learn to pedal around the new playground track will show me this grant is successful! The reciprocal motion and coordination of pedaling will carry over with many bilateral coordination and crossing midline activities that students are working on in Physical Therapy, including their ability to alternate their feet up and down the stairs!" says Mrs. Delamarter.

