

SHAPES

Supporting Health and Activity in Preschool Environments

WHAT IS SHAPES?

SHAPES stands for Supporting Health and Activity in Preschool Environments and is an [online training program](#) which instructs preschool teachers on how to enhance the physical activity of the preschool children in their classroom. Throughout the program, preschool teachers will learn about physical activity, its importance, and how to incorporate physical activity opportunities inside and outside of the classroom, including during academic lessons.

Support for SHAPES in South Carolina is provided by the [Blue Cross Blue Shield South Carolina Foundation](#). If you're a South Carolina-based school, center, or individual interested in the program, please contact the [SHAPES SC team](#).

[Go to the SHAPES Program Homepage](#)

Learn more about SHAPES



MORE INFORMATION



ABOUT THE PROGRAM

The SHAPES Program is accessible online 24/7 using any web-capable device including laptop and desktop computers, mobile phones, and...

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FOR TEACHERS

The SHAPES program is a professional development program that has been used successfully in public and private settings by tea...

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FOR DIRECTORS

Our philosophy is that all areas of child development – physical, social, emotional, language, and cognitive – are connected, cont...

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HAVE A QUESTION ABOUT THE SHAPES PROGRAM?

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