

Empower Regional Training: Physical Activity

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Objectives

- Identify the importance and benefits of physical activity in young children
- Understand the role of child care providers in promoting physical activity in children
- Review physical activity recommendations for children 0-12 years old
- Explore and practice strategies and activities that promote physical activity in the child care setting
- Develop action plans to improve physical activity practices in your programs



Matching Socks Activity

- **Find your partner and introduce yourself!**
- **Find out:**
 - What program/agency they are from
 - What their role is
 - What they hope to learn today
 - One interesting fact about them

Importance of Physical Activity in Children

- Physical inactivity contributes to the leading cause of death, disease and disability in the U.S.
- Physical activity habits are developed early in life, and can have short- and long-term impacts on health and wellbeing





Importance of Physical Activity in Children

Childhood obesity and physical activity:

- Today, 1 in 3 children are overweight or obese
 - 1 in 5 children are overweight or obese before their 6th birthday
- Overweight and obese preschoolers are more likely to be overweight or obese adolescents and adults
- Childhood obesity tripled over past 3 decades

Importance of Physical Activity in Children

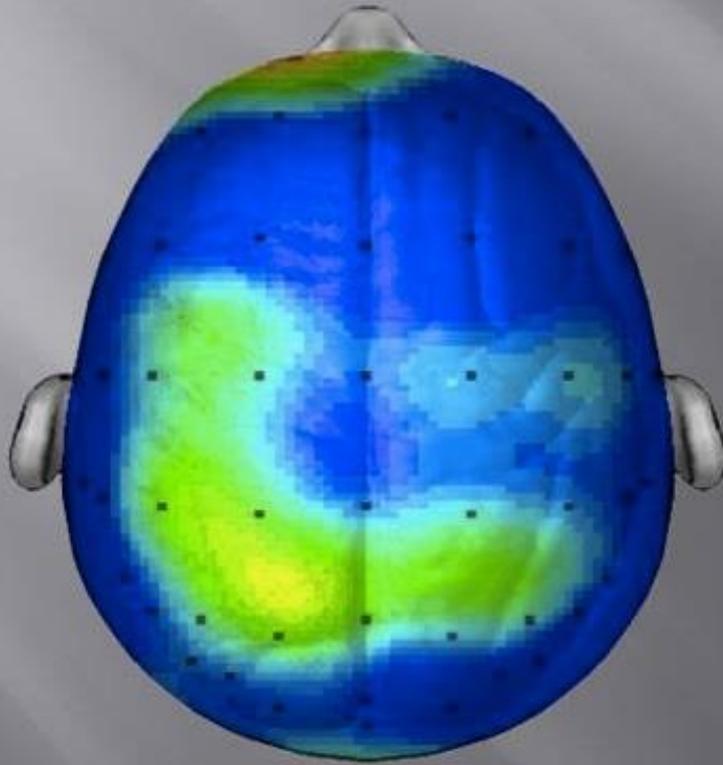
Regular physical activity helps to:

- Reduce the likelihood of developing obesity and risk factors for disease
- Build strong bones and muscles
- Promote flexibility, coordination and motor skills
- Improve sleep
- Reduce anxiety and depression
- Improve academic performance
- Increase concentration and attention
- Improve discipline and behavior

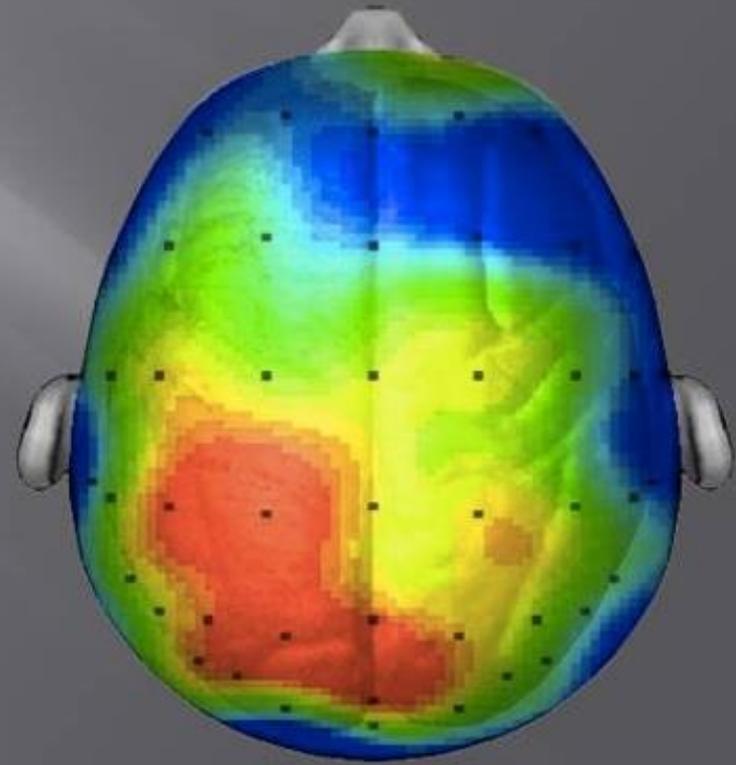


Importance of Physical Activity in Children

BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois



Role of Child Care Providers

Why is physical activity important in child care settings?

- Most children DO NOT meet physical activity recommendations necessary for health
- Most children (0-12 years) are in child care and/or afterschool programs
- Helps children establish healthy habits and develop motor skills



Role of Child Care Providers

What can child care providers do?

- Create an environment that promotes physical activity
- Provide opportunities
- Model healthy behaviors
- Engage families
- Write and implement physical activity policies

Key Terms

- **Cardiovascular Activity**
 - Moderate
 - Vigorous
- **Muscle-strengthening**
 - Muscular strength
 - Muscular endurance



Key Terms

- **Structured physical activity** or “Teacher-led”
- **Unstructured physical activity** or “Free play”
- **Tummy time**





Physical Activity Recommendations

Infants (0-11 months)

- 30 minutes of tummy time
- Supervised indoor/outdoor
- Daily planned activities

Toddlers (1-2 years)

- 30 minutes of structured
- 60 minutes of unstructured
- Moderate-Vigorous (MVPA)

Preschoolers (3-5 years)

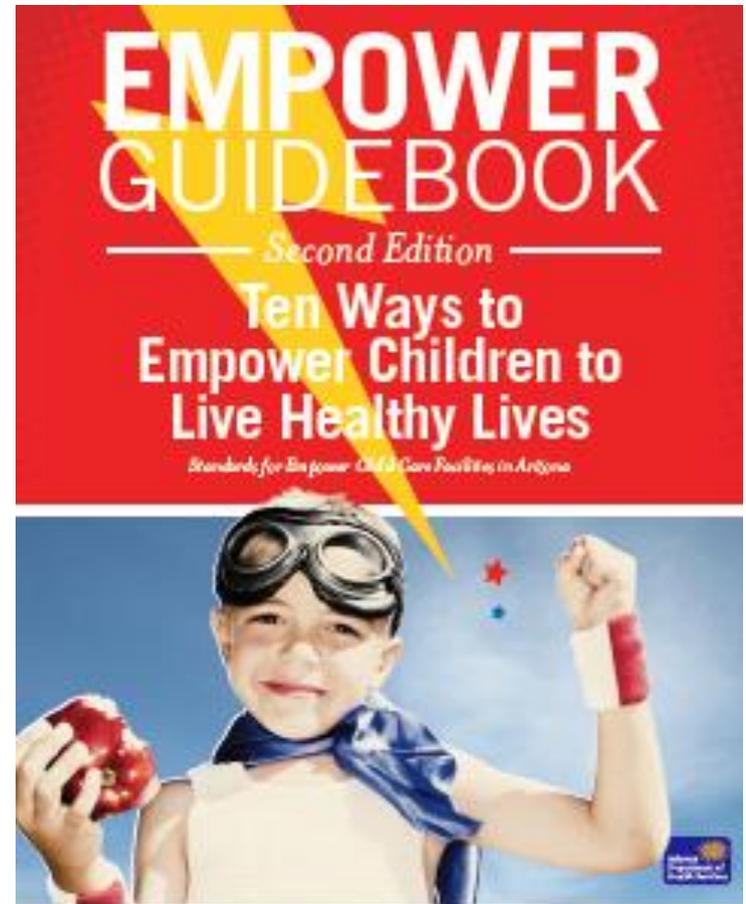
- 60 minutes of structured
- 60 minutes of unstructured
- Moderate-Vigorous (MVPA)

School Age (6 and up)

- 60 minutes of MVPA
- Muscle-strengthening 3/week
- Bone-strengthening 3/week

Empower – Standard 1

Physical Activity





Empower - Standard 1

- ✓ Provide 60 minutes of daily physical activity (teacher-led and free play)
- ✓ Limit screen time to 3 hours or less/week
- ✓ Do not allow more than 60 minutes of sedentary activity at a time.



Empower – Standard 1

✓ Provide 60 minutes of daily physical activity

Time: At least 60 minutes per day for children one year and older

Type: Must include both free-play and teacher-led physical activities

- Every child should have the opportunity to participate in outdoor physical activity.
- Physical activity should NEVER be used or withheld from children as punishment

Intensity: Include both moderate and vigorous PA

- Different children may find different activities more vigorous; re-direct children or modify activity as needed



Let's MOVE!



Fundamental Movement Skills

LOCOMOTOR

Walk
Run
Jump
Hop
Leap
Gallop
Slide
Skip

OBJECT CONTROL

Throw
Catch
Kick
Strike
Trap
Dribble

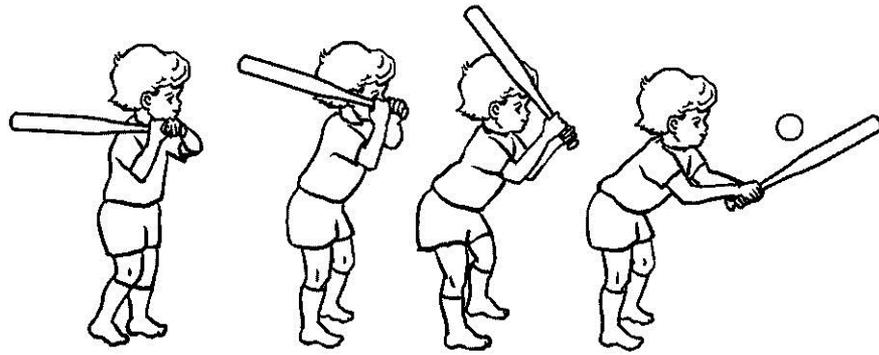
STABILITY

Axial
Springing
Upright Balances
Inverted Balances

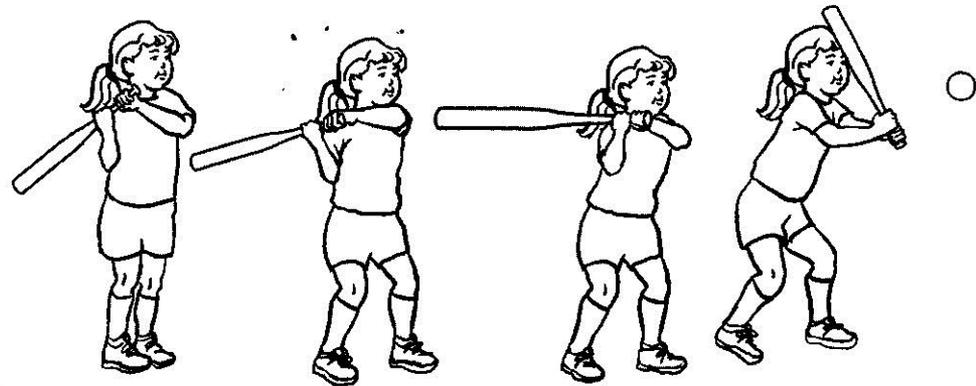
Are building blocks; Allows for participation of complex physical activities

Usually developed between ages 2-7

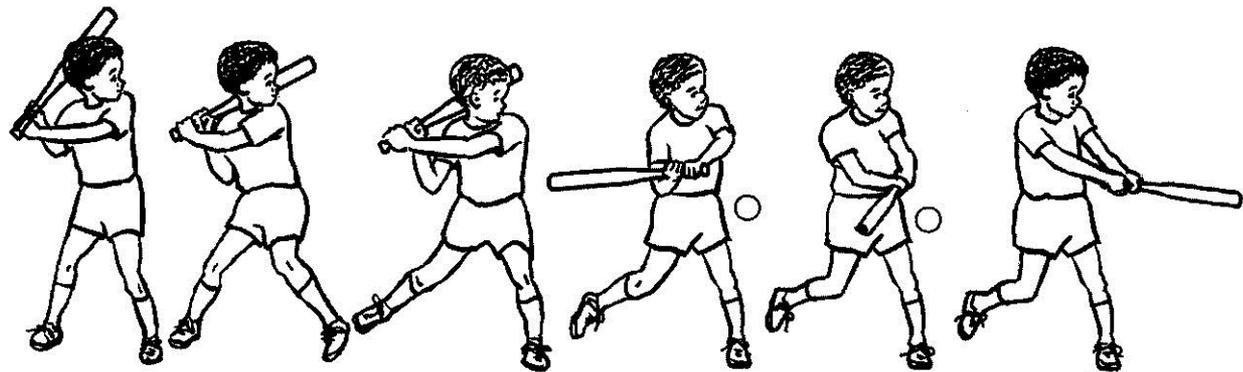
PRACTICE, PRACTICE, PRACTICE



4.7a Strike: Initial Stage



4.7b Strike: Elementary Stage



4.7c Strike: Mature Stage

Easy Kicking, Striking & Catching



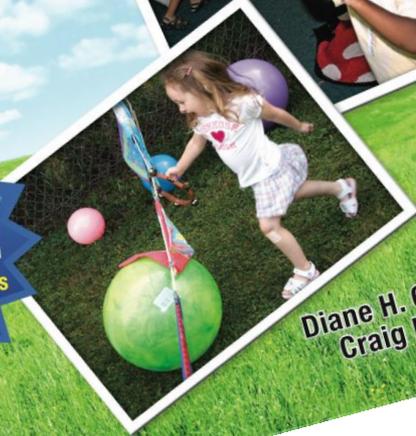


Active Play!

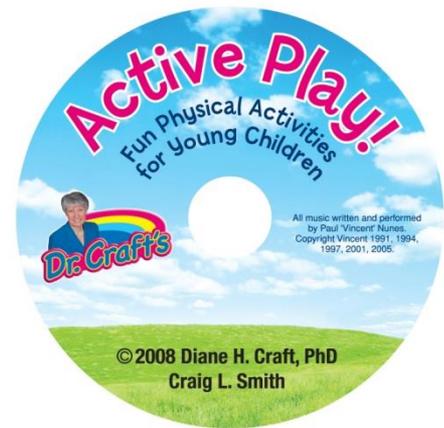
Fun Physical Activities for Young Children

DVD Included!
Toddlers & Preschoolers Moving & Learning!

DVD features Award-Winning Music of **VINCENT**



Diane H. Craft, PhD
Craig L. Smith



All music written and performed by Paul Vincent Nunes. Copyright Vincent 1991, 1994, 1997, 2001, 2005.

©2008 Diane H. Craft, PhD
Craig L. Smith



Drinking Water and Physical Activity

Water First for Thirst!

- Water is a healthy beverage choice for children--especially when kids are active
 - Keeps kids hydrated
 - Reduces acid in the mouth that can cause cavities
 - Can help growing toddlers and preschoolers maintain a healthy weight



Make Water Easily Available

- Have child-size water pitchers in each classroom and let kids serve themselves.
- Use a shower caddy to carry water and cups outside. Invest in a small portable water cooler for outside use.



Make it Fun

- Try adding fruit slices or berries to water for extra taste.
- Have children create a collage with pictures from magazines showing water and kids being active.
- Select a child to be the “water helper” for the day.





Let's MOVE!



Review of Key Concepts

- Everyone Plays! No elimination
- Incorporate PA throughout the day
- Short intervals of physical activity OK
- Offer a range of activity
- Remember the goal!
- Adapt activities - set everyone up for success!
- Low- and no-cost activities



Review of Key Concepts

- Privacy in a Group
- Schedule and plan PA
- Provide easy, clear instruction
- Be purposeful
- Know when to stop
- Make it FUN!



Action Planning & Technical Assistance

- Discuss Next Steps
- Introduce TA providers
- Review Action Planning & TA tool

Empower Regional Training – Action Planning Tool

Contact Name: _____ Program Name: _____

***DIRECTIONS:** Based on your experience during the Active Play! Empower Regional Training, please identify at least one goal that will help you improve physical activity practices in your center. The goal you choose should be realistic and achievable based on your unique facility's needs, resources and capacity. Please complete the following Action Planning template*

Goal: _____

(EXAMPLE: By May 30, 2015 the ABC Child Care Program will implement at least one, 10 minute structured physical activity every day)

Strengths	Challenges

	Specific Action Step:	Person(s) Responsible:	Target Date	Completed (Yes/No):
EXAMPLE	<i>Identify a 10 minute block of time in existing schedule to plan physical activity</i>	<i>Teachers</i>	<i>May 1, 2015</i>	
1				
2				
3				
4				
5				

Would you like to receive FREE technical assistance services offered by Arizona Department of Health Services to help accomplish this goal? YES NO

If yes, please complete page 2

Empower Regional Training – Technical Assistance Request

Program: _____ Contact Name: _____

Email: _____ Phone: _____

Program Address: _____

Primary Language: English Spanish Other: _____

Would you like to receive FREE technical assistance services offered by Arizona Department of Health Services to help you accomplish this goal?

YES NO

If yes, please indicate what form of technical assistance you would like to receive (Check all that apply):

- Site Visit
- Telephone
- Email
- Electronic or other resources
- Empower Guidebook
- Other:

Please describe in detail what assistance you need (Ex. Site visits to help modify physical activities to meet the diverse needs of children in our program, OR Telephone follow-up to brainstorm barriers/challenges).

Are there any other challenges, barriers, or remaining questions you have about promoting physical activity in your program that you would also like further assistance on? (Ex. What do I do if I do not have enough space to do physical activity, OR, I still do not understand the difference between moderate and vigorous physical activity?)

YES NO If yes, please describe in detail what assistance you need:

Following the trainings, a member of the Arizona Department of Health Services technical assistance team will review each program's unique needs. Your program will be contacted regarding potential opportunities to provide further support in accomplishing your goals.



Action Planning & Technical Assistance

Instructions:

- 1. *Choose a Goal:*** (See examples of focus areas below)
 - Implement activities that are inclusive of all ages, ability and skill level
 - Implement structured physical activity into daily lesson plans and/or transitions
 - Provide staff training on physical activity policies and practices
 - Create an environment that promotes activity during free-play
 - Others:
- 2. *Identify Strengths & Challenges to accomplishing goal***
- 3. *List action steps necessary to accomplish goal***
- 4. *Complete Page 2 if you would like help accomplishing your goal or other needs***



Let's MOVE!



THANK YOU!

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www.theempowerpack.org

