

EMPOWER



Let Physical Activity Ignite a Spark in ALL Superheroes

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and
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Housekeeping Reminders

- **Physical Activity** – Let's start by moving!
- **Index Cards** – For questions or comments during the session
- **Raffle Ticket** – For participation; Drawing at end of day
- **Evaluations** – Please complete before you leave



Learning Objectives

- Identify the importance and benefits of physical activity in young children
- Review Empower Standard #1
- Define and discuss inclusion for physical activity in child care settings
- Explore and practice strategies and activities that promote physical activity for ALL children in the child care setting



Importance of Physical Activity in Children

- Physical inactivity is a 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**
 - 1 in 3 children are overweight or obese
 - 1 in 5 children are overweight or obese before their 6th birthday
 - Obesity rate for children with disabilities is 38% higher
 - Childhood obesity has tripled over past 30 years



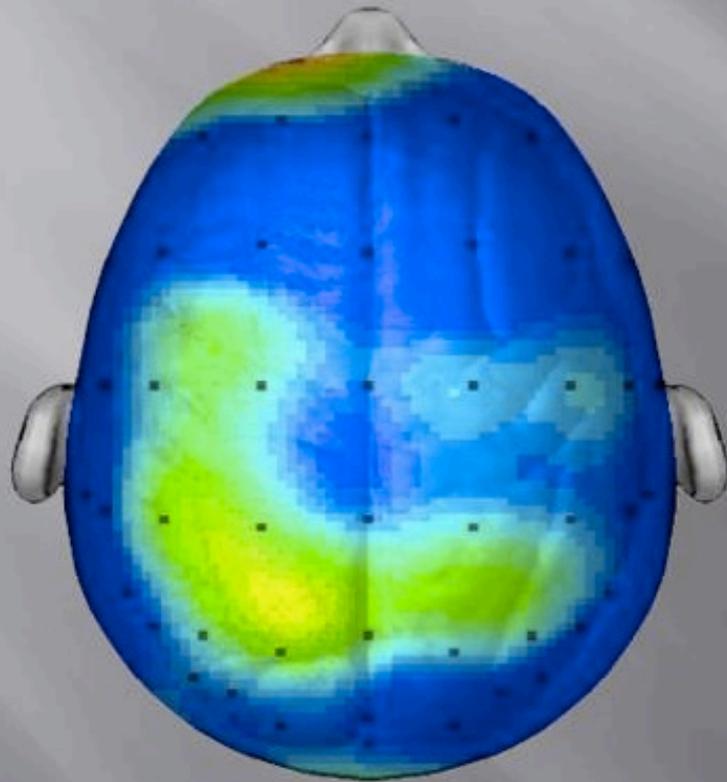
Importance of Physical Activity in Children

Regular physical activity helps to:

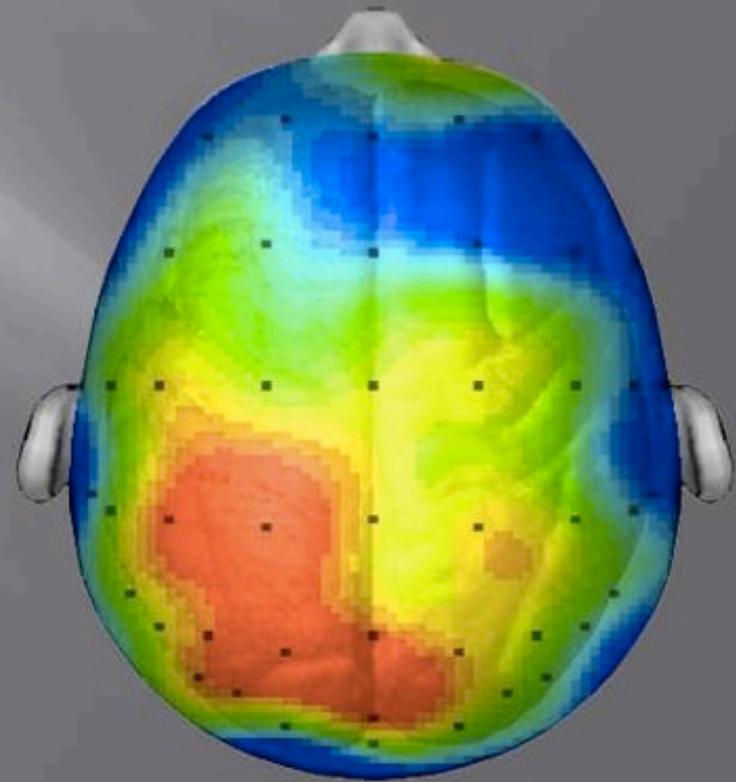
- Reduce the likelihood of developing obesity and risk factors for disease
- Build strong bones and muscles
- Promote flexibility, coordination and motor skills
- Improve sleep
- Reduce anxiety and depression
- Improve academic performance
- Increase concentration and attention
- Improve discipline and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



BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



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





Importance of Physical Activity in Children

Amount of screen time is connected to impacts later in childhood:

- Decreased physical activity levels
- Increased obesity
- Irregular sleep patterns
- Delayed language development
- Shorter attention spans
- Increased aggression



Importance of Physical Activity in Children

Why are physical activity practices and policies important in Childcare settings?

- Most children DO NOT meet physical activity recommendations necessary for health
- Most children view TOO MUCH screen time
- Most children (0-12 years) are in childcare and/or afterschool programs
- Provides opportunities for children to establish healthy habits



Key Terms

- **Physical Activity**
- **Sedentary Time**
- **Screen Time**

Key Terms

- **Moderate vs. Vigorous** physical activity
- **Structured physical activity** or “Teacher-led”
- **Unstructured physical activity** or “Free play”
- **Tummy time**





Overview of Standard 1

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



Overview of Standard 1

✓ **Daily physical activity in curriculum with the following guidelines:**

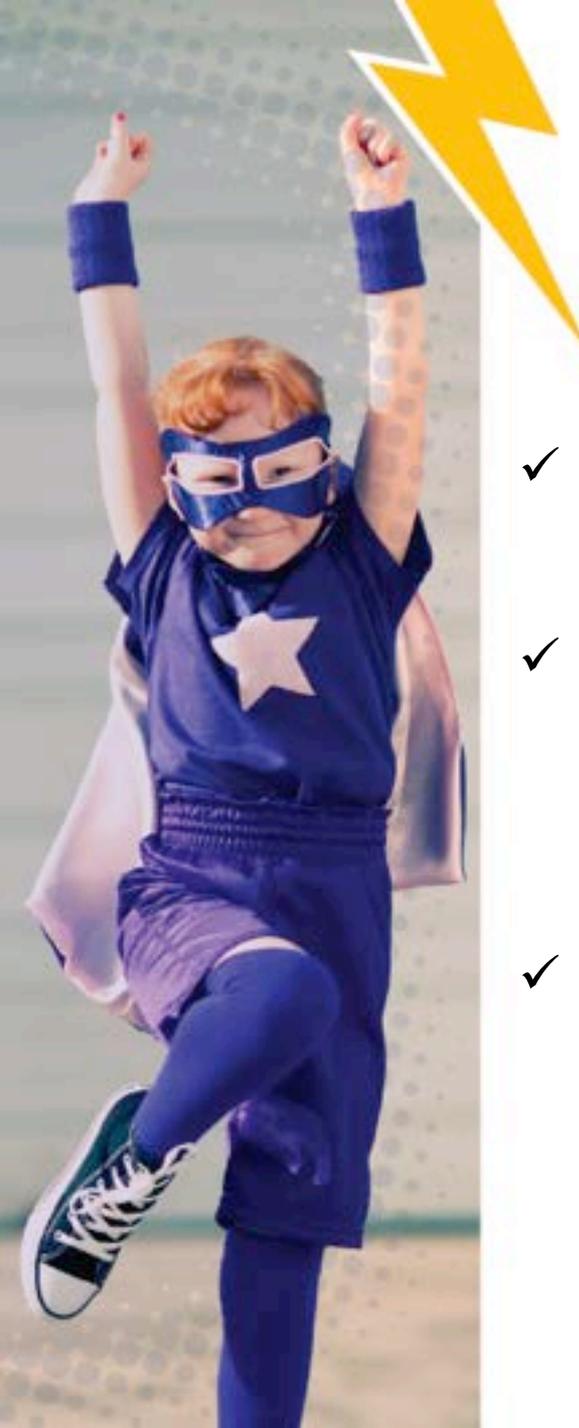
Time: At least 60 minutes per day for children one year and older

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



Overview of Standard 1

- ✓ **Limiting sedentary time to less than 60 minutes at a time, except when sleeping** (see Table 2)
- ✓ **Limiting screen time to three hours or less per week**
 - No screen time during meal or snack time
 - Children under age two should have no screen time
 - Exceptions to limitations
- ✓ **Information on screen time will be made available to families at least once per year** (pg. 87)

Strategies to Meet Standard #1

What can child care providers do?

- Create an environment that promotes physical activity
- Provide planned opportunities
- Model healthy behaviors
- Engage families



Strategies to Meet Standard #1

- **Create an environment that promotes physical activity**
 - Portable play equipment
 - Outdoor play
 - Safe spaces to play
 - Appropriately dressed
 - Reduce/eliminate screens





Strategies to Meet Standard #1

- **Schedule and plan physical activity opportunities**
 - Create a schedule
 - Incorporate PA throughout the day
 - Short intervals okay!
 - Plan for challenging times
 - Use music
 - Make it Fun!
 - Low- and no-cost activities

See Empower Guidebook – Teacher Activities (pg. 51)

Strategies to Meet Standard #1



- **Model Healthy Behaviors**
- **Engage Families**
(Family Handouts, pg. 82)

What is Inclusion?



Inclusion is the concept of integrating persons with and without disabilities into programs and services.

Activity for ALL



- Inclusion refers to a philosophy that goes well beyond non-discrimination and takes a proactive approach to including all people in all programs and services.
- Inclusive programming benefits everyone!
- Inclusion helps raise awareness and sensitivity
- Identify “abilities”
- Inclusion leads to attitudes of acceptance that carry through all aspects of life.



- The act of including individuals with disabilities into programming is to include the person and recognize their abilities within an activity.
- Clear expectations, program outline, intentional inclusion, and ongoing communication are keys to a successful program or activity



Person First Language

Recognize the person before the disability



- Recognize the individual
- What are their abilities?
- Demonstrate respect
- Use their name not their disability



Person First Language

Recognizing the person for who they are and their abilities first, demonstrates respect for the individual.



Examples:

Incorrect: That wheelchair student

Correct: Jamie, the student that utilizes a wheelchair

Incorrect: Disabled Student Population

Correct: Students with disabilities

Getting Started

Assessments and Planning:

- Everyone must take an ACTIVE role in order to create successful opportunities
- Communication
- Knowledge is KEY!
- What is considered “reasonable”?
- Community and Family Resources
- Professional Development and Training
- Person First Language



Implementing



- Open Communication
- Take an active role
- Participate in the Process
- Set up an Environment for Success
- Person First Language
- Share techniques. What works? What can be improved?
- Accommodate

Evaluating Services

- Are participants enjoying the program?
- Communication
- Leadership
- Redefining Goals and Objectives
- Ongoing modification
- Share stories of Success





Additional Resources

- **Arizona Department of Health Services Empower Program**
www.empowerpack.org
- **Let's Move! Child Care**
<http://www.healthykidshealthyfuture.org/content/hkhf/home/activities.html>
- **Nemours Best Practices for Physical Activity**
<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguide2010.pdf>
- **Sesame Street Healthy Habits for Life – We have the moves!**
http://www.sesamestreet.org/cms_services/services?action=download&uid=46841dfe-a76c-4df7-8e40-d165417d9be5
- **Common Sense Media**
<https://www.common sense media.org/>
- **LET'S MOVE Child Care! Screen Time Resources**
<http://www.healthykidshealthyfuture.org/content/hkhf/home/resources.html>



Thank You

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