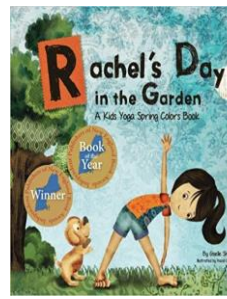
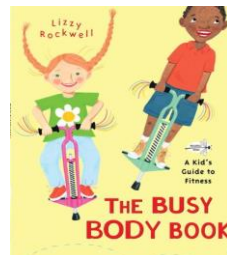


Guidelines for Physical Activity

- 30 minutes of physical activity daily for toddlers
 - 60 minutes of physical activity daily for pre-schoolers
 - Engage in dance and other musical activities
 - Provide variety of materials to play with such as;
 - Balls – in various shapes and sizes
 - Bean Bags -Hoops
 - Places to jump, climb, run, throw and kick
 - Encourage children of all ages and skill levels to participate in whatever way they are able. Including those with disabilities to engage in play.
 - Provide basic instruction to children who may be having difficulty with a specific fundamental movement skill.
- Accred. Standard a. Promote physical activity and minimize the time that children are sedentary.**



Check out these awesome books that focus on healthy bodies, movement and physical activity

- “Stretch” By Doreen Cronin
- “Move” By Steve Jenkins
- “Move Your Body” By Gine Bellisario
- “The Busy Body Book” By Lizzy Rockwell
- “303 Preschooler-Approved Exercise & Active Games” By Kimberly Wechsler
- “Here are my Hands” By Bill Martin
- Rachel’s Day in the Garden: A Kids Yoga Spring Colors Book By Giselle Shardlow

Visit these excellent websites that have lots of ideas and lesson plans on Physical Activity.

- activeforlife.com/lesson-plans-and-resources/
- www.theinspiredtreehouse.com
- www.goodforkids.nsw.gov.au
- www.participaction.com/en-ca/resources/physical-literacy



Make your Own Roller Coaster: You will need: a bed sheet (any size is fine). Next, spread a sheet on a wood or tile floor, or outside on the grass. Instruct one child to sit cross-legged on the sheet and grasp the edges on either side of his body (or slightly in front of his body to help with balance). Instruct the other child to lift the corner of the sheet, give a tug, and off they go! The children can take turns pulling each other throughout the house, hallways, or even on grass as fast as their strong arms can move them. New challenges could be to make an obstacle course to pull the sheet and roller coaster rider through (use cones so they must weave in and out) or incorporate dramatic play. Could they be Batman or Wonder Woman pulling the man to safety away from the Joker? What about a fireman carrying a very heavy hose over their shoulder? Don’t forget to lead by example and join in the fun. Whether it’s demonstrating technique or participating in the game, by joining in you are demonstrating that physical activity is important for everyone no matter their age.

Accred. Standard 2.2 d Participate in physical activities with the children.

Physical Literacy for ages 0-6 years old- The objective: To learn fundamental movements and link them together with play. For this age group physical activity should always be fun, safe and challenging to keep the children engaged.

The Fundamental Movements:

- Walking- Running- Balance- Skating/Skiing- Jumping- Swimming- Cycling- Skipping- Throwing- Kicking- Striking - Catching- Trapping

Here are a few ideas to get the children moving quickly that require very little preparation:

- A three-legged race
- Hopscotch
- A Dance Battle
- Crabwalking
- Wheel Barrow races
- Freeze Tag
- Fly a kite
- Lawn Bowling
- Hacky Sack
- Nature Hunt (colors/shapes)
- Roll up a hill

Providing daily opportunities for physical activity to children in your day home is a necessity. Studies have shown that being physically active early in life often continues into adulthood. This is often attributed to feeling comfortable and at ease while being active, as well as having confidence in your movement and skills. **A child who misses out on developing Physical Literacy at an early age is at disadvantage from the start as they will likely not be asked to participate in games during recess because they don’t have the skills to keep the game going.** From that point on the chances of that child being involved in organized sports is very low because they never developed the basic skills to take them to the next level to excel.

July 2019 – **What is Physical Literacy?** Physical Literacy is when children have the competence, the confidence and the motivation to participate and enjoy a variety of physical activities. This is a skill that most people need to practise at, just like learning how to read or become capable of solving math problems. The goal for Physical Literacy is to give children the tools they need to participate in physical activity and sport for health benefits as well as their own enjoyment throughout their whole life. Accred. Standard 2.2 Child care programs promote physical wellness in all children and incorporate physical literacy in everyday programming.

During the summer months the sun provides us with so much beautiful sunshine but, remember to create shaded areas for the children so that they can get some shade and continue to have fun outdoors. Using old bedsheets or blankets to make a quick tent a simple way to prolong the fun. Another idea is to use a garden lattice to create a rest spot or even try hanging several rain umbrellas overhead.



Unstructured play is a great way for the children to demonstrate what they're interested in but, **planning Physical Literacy activities is also important** to ensure that there is variety in their play and certain areas are being practised and developed.

-Work on the ABC's – Agility, Balance and Coordination by doing activities like Yoga or Tai Chi (Children's Yoga DVD'S are available at the Library or on Youtube.) Also trying different styles of dance can be excellent for improving coordination.

-Kicking & Hitting- Having items like a Hacky Sack, Soccer Ball and pylons are great for helping children to practise striking an object with their foot and maneuvering the ball around a pylon.

Boxing – Set up some pillows as a punching bag target for the children. Time them as they punch to see who can last the longest before getting to exhausted.

-Strength – Laundry Basket rides – Have one child ride in a basket while the others push or pull it (this works best on grass or carpet.

-Speed - Toddler Tiger Tail – This is a game like Tag – to play tuck a piece of fabric "tail" into their pants and let the tail hang out. The person who is it, must catch all the tails.

-Core Strength- Try rolling up the hill – Any type of rolling is an excellent core challenge but, going up will give the children something new to figure out.

-Throwing /Catching- Butterfly Catch – Using small nets have the children practice catching "Butterflies" (bean bag). One child can toss the bean bag and the other child can work on their catching skills. **Frisbee –** Set up targets like, hoola hoops, pylons or laundry baskets for the children to aim for.

-Flexibility - The Inchworm Stand tall with your feet together. Bend at your waist and put your hands on the ground. Without moving your feet, walk your hands out until your body is almost straight. Stop your hands and don't move them. Walk your feet up to meet your hands. Stand tall and start again!



Coming up with exciting and new games and toys for the little ones in care doesn't have to be costly here are a few "Do it Yourself" ideas that can be simple, fun and inexpensive to create: --

Balance Board – A balance board is a great tool for everyone from toddlers to seniors to practise their balance, coordination and gross motor development. Visit <https://jaimecostiglio.com/balance-board/> for simple instructions on building your own.

-Wooden Scooter Board – Scooter Boards are an extremely versatile tool that children can sit, stand and lie on. They engage large muscle groups as the pull and push themselves. Visit www.mymundaneandmiraculouslife.com/scooter-board-sensory-activities/ for scooter board games and activities and www.prettyhandygirl.com/diy-kids-scooter/ for instructions to build your own scooter board.

-Kubb Lawn Game – Koob is a simple Scandinavian throwing game that is fun for all ages and very easy to recreate. Visit this website for the instructions <http://ourhandcraftedlife.com/play-kubb-diy-backyard-game/?pp=0>