



Physical Activity

For Young Children and their
Families

Michele Buran, MA
North Coast & Cascades Training &
Resource Center
mburan@csuchico.edu

A Vision for their Future...



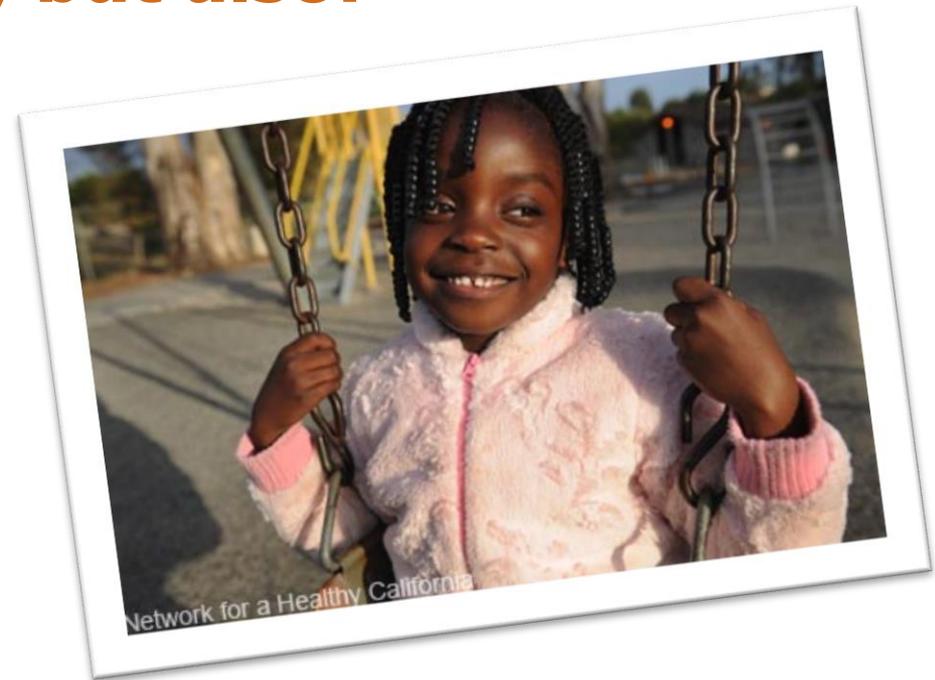
Network for a Healthy California



Why Physical Activity?

Obesity Prevention, but also:

- **Health**
- **Gross & fine motor development**
- **Social skills**
- **Academic Performance**
- **Brain development**
- **Language development**



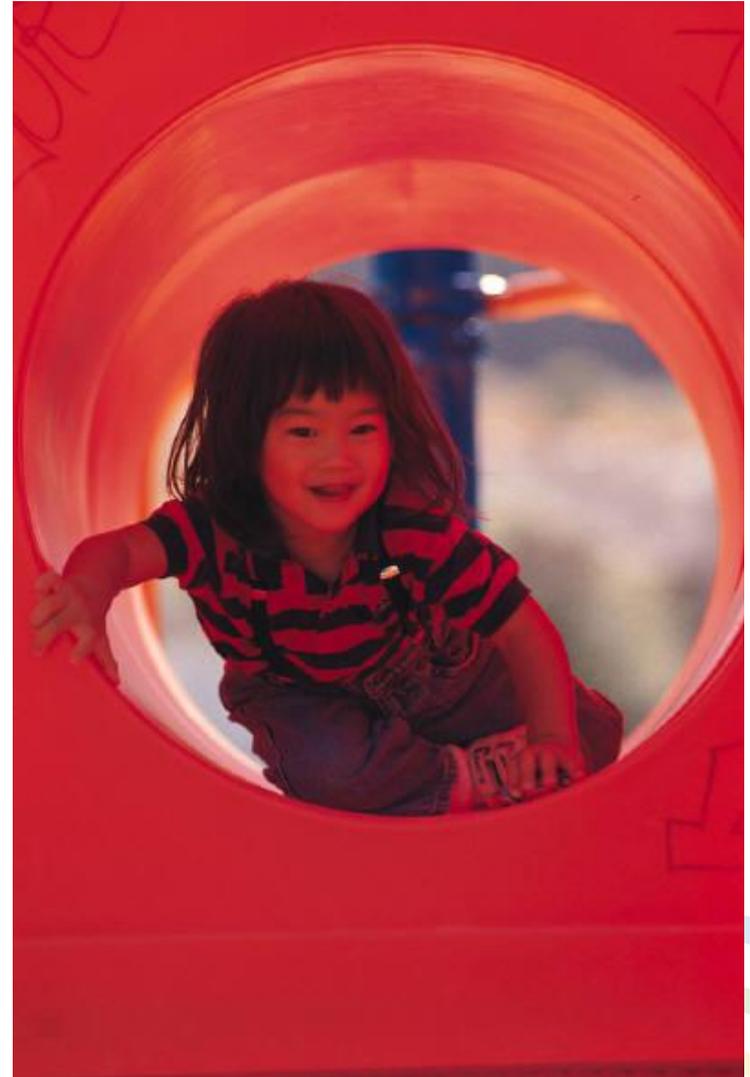


Learning Through Play



Stimulates Language Development

When children explore their environment by going over, under, through, between and around objects, the words take on a stronger meaning to them.





High
Medium
Low
Fast
Slow
Straight
Curved
Zig zag
Under
Over
through



Social Skills & Play

- **Sharing**
- **Taking Turns**
- **Kindness**
- **Helpfulness**
- **Cooperation**
- **Respect**



NASPE PA Guidelines for Infants

- Infants should interact with parents and/or caregivers in daily physical activities that are dedicated to promoting the exploration of their environment.
- Infants should be placed in safe settings that facilitate physical activity and do not restrict movement for prolonged periods of time.
- Infants' physical activity should promote the development of movement skills.
- Infants should have an environment that meets or exceeds recommended safety standards for performing large muscle activities.
- Individuals responsible for the well-being of infants should be aware of the importance of physical activity and facilitate the child's movement skills.



NASPE PA Guidelines for Toddlers & Preschoolers

- Toddlers should accumulate at least 30 minutes daily of structured physical activity; preschoolers at least 60 minutes.
 - Toddlers and preschoolers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.
 - Toddlers should develop movement skills that are building blocks for more complex movement tasks; preschoolers should develop competence in movement skills that are building blocks for more complex movement tasks.
 - Toddlers and preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.
 - Individuals responsible for the well-being of toddlers and preschoolers should be aware of the importance of physical activity and facilitate the child's movement skills.
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Physical Activity Strategies

- **Structured PA**
- **Unstructured PA**
- **Active Play spaces**
- **Parent Education & Outreach**



Development of a Healthy Tree



Fig. 1. Development of a physically educated person



Fundamental Motor Skills for Structured PA

Locomotor	Manipulative	Nonmanipulative
Running	Throw	Balancing
Jumping	Catch	Stand
Walking	Kick	Stretching
Hopping	Punt	Curling
Galloping	Strike	Transferring weight
Skipping	Dribbling	Jumping & landing
Chasing	Volleying	Twisting
Fleeing	Punting	Turning
Dodging	Collecting	Push & Pull

Simple Recommendations

- **15 minutes of every hour for movement**
- **Plan for both structured & unstructured play**
- **Be a good role model and be physically active yourself**
- **Explore movement with music**
- **Incorporate kinesthetic teaching**
- **Make physical activity fun!**



Sample Activities for Children

- **Tumbling**
- **Dancing**
- **Tagging & chasing**
- **Obstacle Courses**
- **Hopscotch**
- **Ball play**
- **Riding trikes or bikes**
- **Playing at the park**
- **Nature walks**
- **Locomotor skills**



Every Minute Counts

- **Take Short walks**
- **Active transitions**
- **Active Reading**
- **Music creates movement**
- **Create an action zone**
- **Obstacle Course**



Approved Resources

- CATCH
- SPARK
- I am Moving, I am Learning
- Lets Move Child Care
- CHOICE Best Practices of Child Care Nutrition & Physical Activity Environments
- NAPSACC
- Nutrition and Wellness Tips for Young Children



For more information:

Michele Buran, MA
North Coast and Cascades
Training & Resource Center
530-898-4318
mburan@csuchico.edu

