

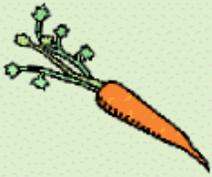
Physical Activity and Nutrition for Alaska's Kids



Physical Activity in the Classroom

Section 1, Module 3



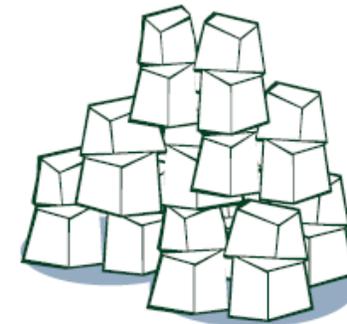


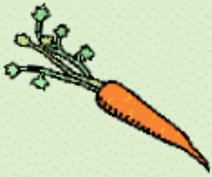
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Physical Inactivity & Overweight

- From 1980 to 2000, calories eaten by teens ages 12-19 rose 1 percent and overweight rose 10 percent, while physical activity dropped 13 percent.





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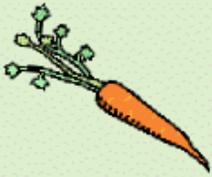


What Counts?

- Physical activity is just moving - everything counts!
- Moderate physical activity gets your heart beating faster
- Vigorous activity makes you sweat

Physical activity doesn't just mean running and push-ups....





Physical Activity Recommendations for Youth

At least 60 minutes of moderate intensity physical activity most days of the week, preferably daily.¹

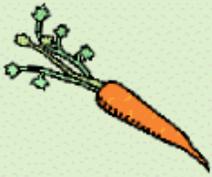
Note: This recommendation is for overall health. Increasing physical activity alone will probably not result in significant weight loss.

Dietary Guidelines for Americans 2005.



Motor Development

- The National Association of Sports and Physical Education recommends that every day preschoolers should:
 - ✓ Get at least 60 minutes of structured physical activity (adult-led activity)
 - ✓ Get at least 60 minutes of unstructured physical activity (free play)
 - ✓ Not be inactive for more than 1 hour at a time (unless sleeping)



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Also....

- ✓ Develop competence in movement skills that are building blocks for more complex movement tasks.
- ✓ Have safe indoor and outdoor areas 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.



Structured Physical Activity

- Structured physical activities are things like:
 - Games & Challenges
 - Planned Exercises
 - Activity Field Trips

Motor Skill

Age Range

Running

1 1/2 to 2 years

Galloping

2 to 2 1/2 years

Jumping

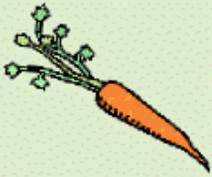
2 1/2 to 3 years

Hopping

3 to 4 years

Skipping

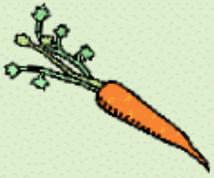
4 to 5 years



Unstructured Physical Activity



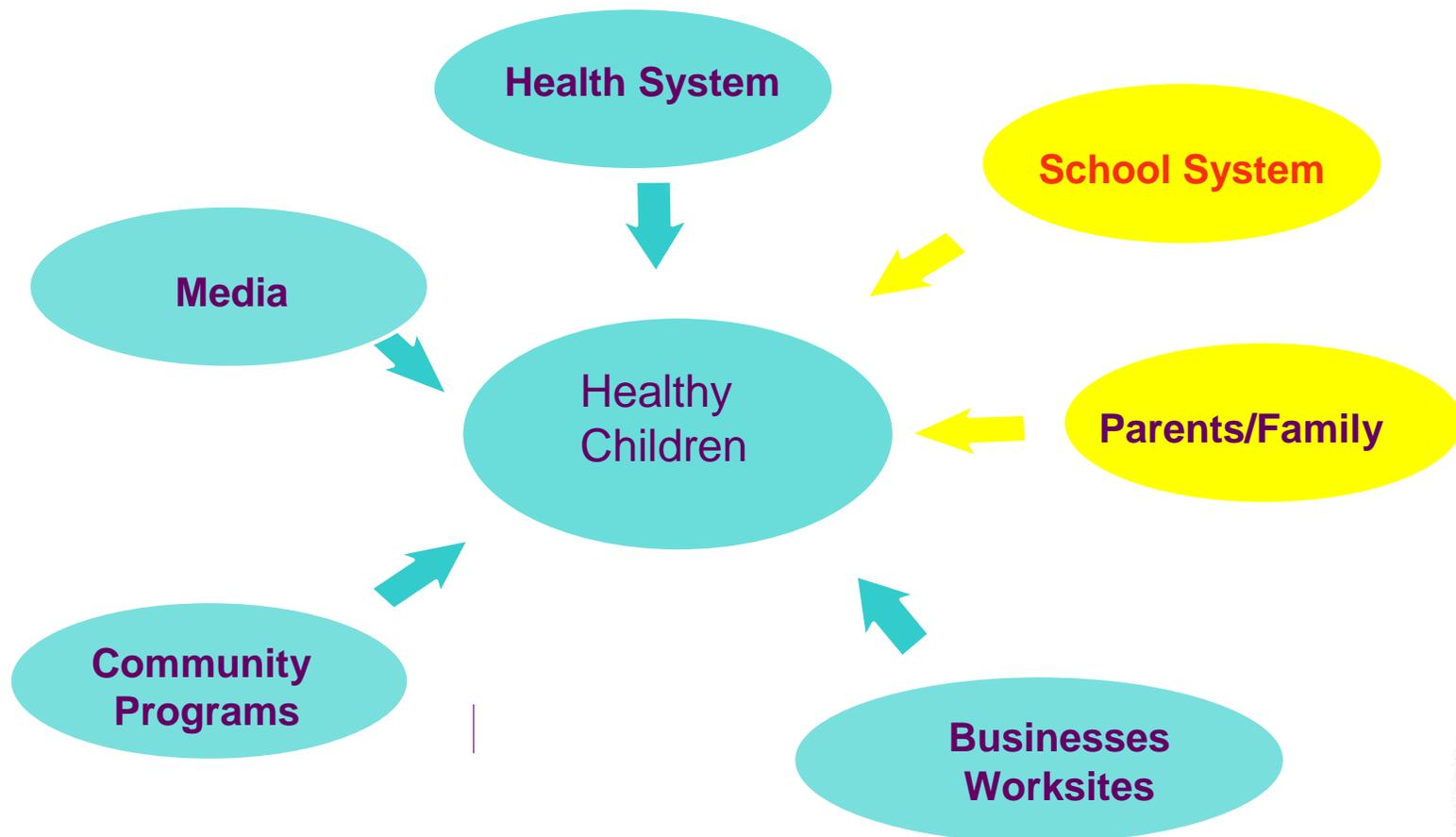
- Unstructured physical activities include:
 - Playing outside with friends
 - Walking/hiking in the woods
 - Inventing a new game
 - Recess



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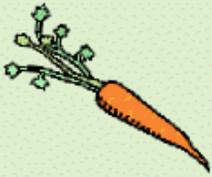
Working Together for Healthier Alaska





Physical Activity in Head Start

- Several guidelines have been developed to ensure healthy environments in Head Start and other pre-school settings:
 - Federal and State regulations
 - Head Start Framework



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Federal Requirements

CENTER-BASED PROGRAMS

- ✓ **45 CFR 1304.21(a)(5)** -- In center-based settings, grantee and delegate agencies must promote each child's **physical** development by:
 - ✓ Providing sufficient time, indoor and outdoor space, equipment, materials and adult guidance for active play and movement that support the development of gross motor skills;
 - ✓ Providing appropriate time, space, equipment, materials and adult guidance for the development of fine motor skills according to each child's developmental level; and
 - ✓ Providing an appropriate environment and adult guidance for the participation of children with special needs.



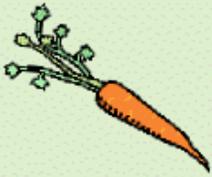
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Alaska State Law

- Alaska (AAC 62.420) mandates “a minimum of 20 minutes of vigorous physical activity for every three hours the facility is open between the hours of 7:00 a.m. and 7:00 p.m.”

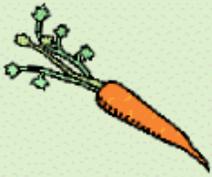




Head Start Child Outcomes Framework

Fine Motor Skills

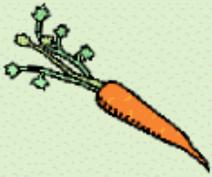
- ✓ Develops growing strength, dexterity and control needed to use tools such as scissors, paper punch, stapler, and hammer.
- ✓ Grows in hand-eye coordination in building with blocks, putting together puzzles, reproducing shapes and patterns, stringing beads and using scissors.
- ✓ Progresses in abilities to use writing, drawing and art tools including pencils, markers, chalk, paint brushes, and various types of technology.



Framework Continued....

Gross Motor Skills

- ✓ Shows increasing levels of proficiency, control and balance in walking, climbing, running, jumping, hopping, skipping, marching and galloping.
- ✓ Demonstrates increasing abilities to coordinate movements in throwing, catching, kicking, bouncing balls, and using the slide and swing.



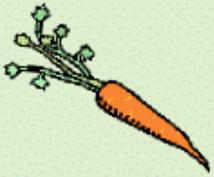
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Framework Continued...

Health Status & Practices

- ✓ Progresses in physical growth, strength, stamina, and flexibility.
- ✓ Participates actively in games, outdoor play and other forms of exercise that enhance physical fitness.
- ✓ Shows growing independence in hygiene, nutrition and personal care when eating, dressing, washing hands, brushing teeth and toileting.
- ✓ Builds awareness and ability to follow basic health and safety rules such as fire safety, traffic and pedestrian safety, and responding appropriately to potentially harmful objects, substances and activities.

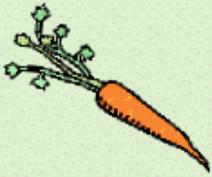


Activity-Friendly Pre-Schools

- ✓ Activity-friendly Environments
- ✓ Integrate Activity with Academics
- ✓ Activity Breaks
- ✓ Recess
- ✓ Active Field Trips
- ✓ Staff Encouragement/Modeling

Schools should ensure that all children and youth participate in a minimum of 30 minutes of moderate to vigorous physical activity during the school day.

Institute of Medicine, 2005



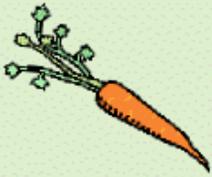
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Activity-Friendly Environments

- Create an indoor space free of obstacles where you can do group activities.
- Provide simple equipment, such as balls, jump ropes, or hula-hoops, to encourage physical activity.
- Display and read children's books which relate to and present a positive view of healthy eating and physical activity.
- Provide music for movement both indoors and outside.





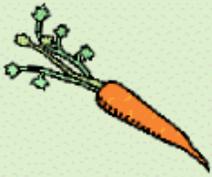
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Integrate Physical Activity



- Use movement to help teach academic concepts
- Moving facilitates learning
 - Stimulate the Brain & Get the Blood Flowing!
- Children Learn by Doing
- “Normalize” moving instead of sitting



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Sample Lesson

Alphabet, Vegetable, and Chicken Noodle Parachute Soup

Prerequisites: Students must know how to make ripples and waves, the umbrella, and the mountain with the parachute.

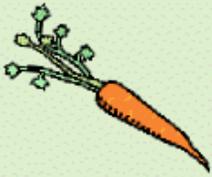
Materials Needed: Parachute (or blanket), foam alphabet letters, foam vegetables, rubber chicken(s)

Description of Idea

Each student gets one letter of the alphabet and one vegetable. Students are positioned around the outside edge of the parachute and begin walking with the parachute (teacher indicates clockwise or counterclockwise). The teacher calls out a letter or vegetable--if the student has it, they toss it into the soup bowl (parachute).

The teacher then tells the students that there is something else to add to the soup and tosses a rubber chicken (more than one if you have them). When the teacher says "stir" - everyone skips in the predetermined direction. When the teacher says "simmer" - students will walk in the predetermined direction while making SMALL, SOFT ripples and waves. When the teacher says "boil" - students make BIG ripples and waves. When the teacher says "eat" - students lift the parachute up to the umbrella and bring it down quickly into the mountain (all the letters fly up in the air and fall down on the students).

Variations: Vary movements used when moving around outside of parachute.



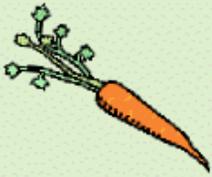
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Activity Breaks

- **Name of Activity:** Jump the River
- **Purpose of Activity:** The purpose of this activity is to give children the opportunity to practice the skills of jumping and landing while emphasizing swinging the arms when jumping, and landing in a balanced position without falling.
- **Activity cues:** Swinging the arms from back to front when jumping, landing in a balanced position without falling
- **Materials Needed:** Something to jump over (jump rope, hoop, tape lines on the floor). Provide at least one object to jump over per child.





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Jump the River

Description

- ✓ Conduct this activity in a large indoor or outdoor space with marked boundaries so that children know where they can and cannot move. Before beginning the activity scatter the jump ropes or hoops throughout the space so they lay flat on the floor.
- ✓ Explain to the children that they are taking a walk in the woods and may need to cross a stream or river. Ask children to walk throughout the space and when they come to a river (rope, hoop, or tape line on floor) they need to jump over the river without getting their feet wet. Children should work independently of their classmates during this activity.
- ✓ To assist children in learning the fundamentals of jumping, teachers should initially ask children to takeoff on two feet and to swing their arms forward when they jump. When landing, children should land on two feet spreading their feet about shoulder width apart so they have a wide base of support when they land. After landing children should proceed to and jump over the next river.
- ✓ Emphasis should be placed on landing on both feet at the same time without falling over. Give children plenty of time to move throughout the space and jump over all the rivers.
- ✓ For safety reasons, suggest that children not get closer than two giant steps from each other, especially when they are swinging their arms to take off and when landing.
- ✓ After 3 to 5 minutes of jumping children may need a brief rest period (30 to 60 seconds) before continuing the activity.



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Get Outside!

- Fieldtrips
- Playground Time
- Explore Local Trails & Beaches





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If it is Cold Outside....



- Go sledding!
- Ice skate
- Make snow angels
- Build a snow man

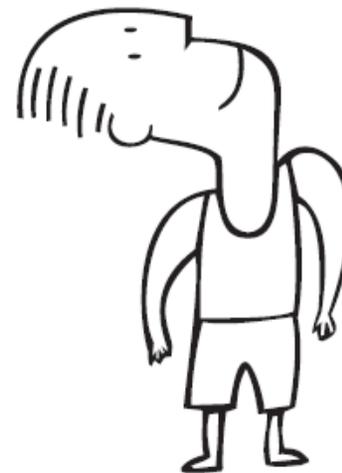
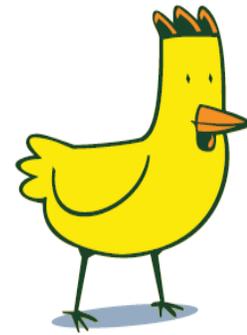


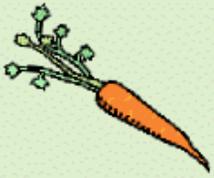
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If it's Just too Cold or Wet...

- Play indoor "Socker"
- Put on some music and dance!
- Play treasure hunt by hiding "treasures" throughout the classroom and provide clues of where they might be.
- Make an obstacle course with chairs, boxes, and toys for the kids to go over, under, through, and around.

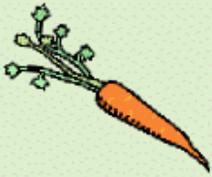




Indoor Community Activities

- Swimming Pool
- School Gyms or Covered Playgrounds
- Bowling Alley





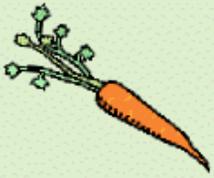
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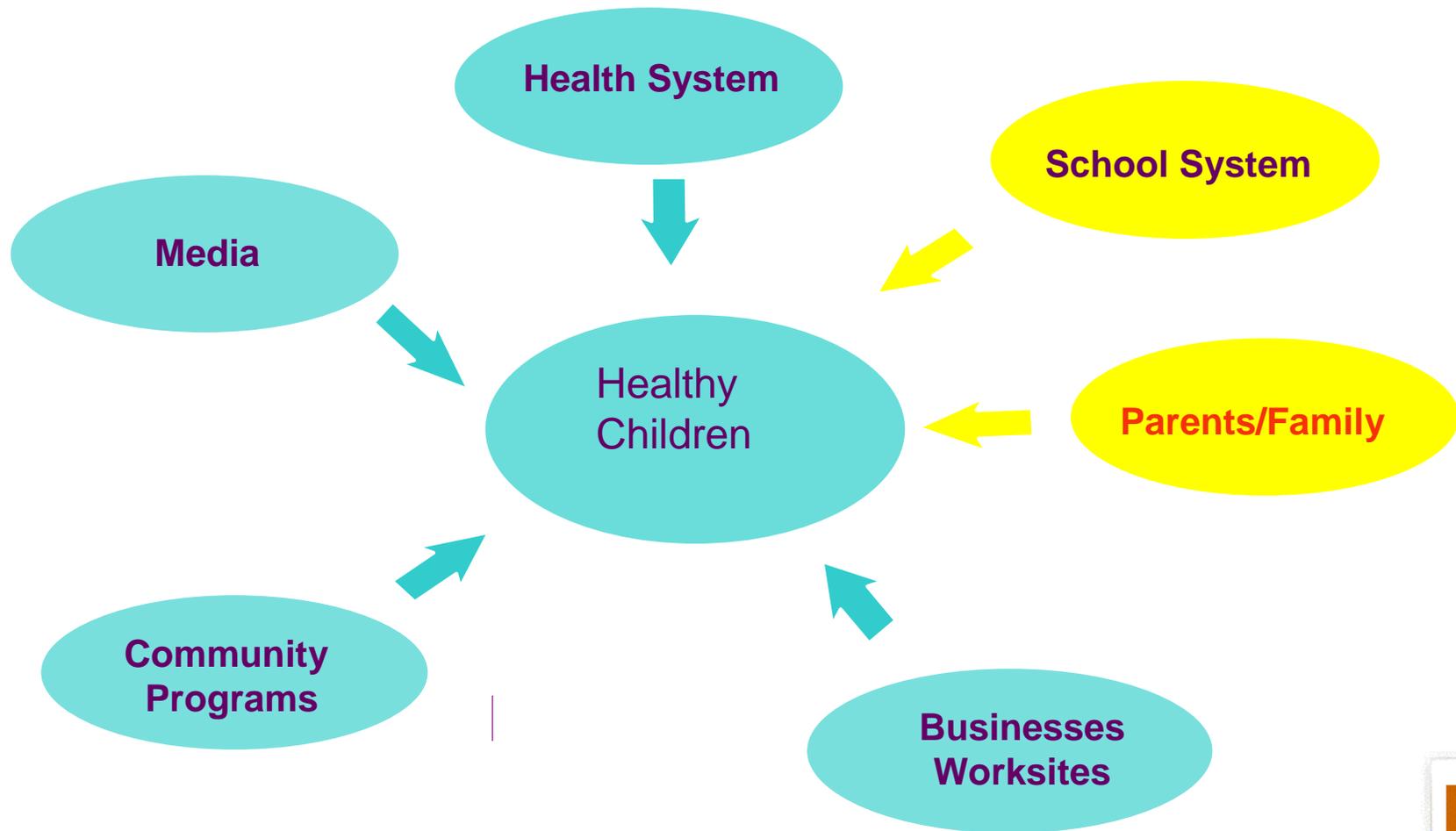
Just Move It!

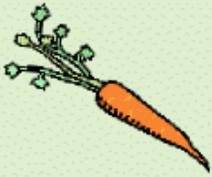
- Remember....
 - Kids love to move.
 - Encourage kids to play...but plan time for activity each day too.
 - Take advantage of the Alaskan outdoors.
 - When the weather is bad – be creative!
 - Be an Activity Role Model





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Physical Activity at Home

- Activity Ideas for Families
- Limiting Inactivity
- Dangers of Excess Screen Time
- Active T.V. Alternatives