AzNN Early Childhood Subcommittee

April 7, 2016
Tina Wegner, RD
Noelle Veilleux, RDN
Agenda

1. **Intro’s and Hellos**
2. **ECE Evaluation – follow up to Go NAP SACC training**
   - Progress to date with Go NAP SACC
   - Successes and challenges related to Go NAP SACC
   - How well is your programming aligning with the tool
   Therese LeGros – AZNN ECE Evaluation guru
3. **Curriculum Highlight**
   - Dr. Diane Craft’s Active Play!
     Noelle Veilleux – AZNN Nutrition Specialist
4. **CATCH for preschool?**
   Tina Wegner – Maricopa County
5. **Reminder: Poster Submissions**
AzNN Early Childhood Subcommittee
Resource Highlight
• Physical activity resource for children in ECE settings
AzNN Early Childhood

• Strategy 13:
Support development, implementation and evaluation of food and beverage and physical activity policies and environments consistent with the Empower standards.

• Strategy 15:
Improve capacity of child care providers to provide children with opportunities for physical activity throughout the day, including outside play when possible.

EMPOWER Program

• Standard 1:
Provide at least 60 minutes of daily physical activity (teacher-led and free-play) and do not allow more than 60 minutes of sedentary activity at a time or more than three hours of screen time per week.

• Standard 8:
Ensure that staff members receive three hours of training annually on Empower topics.
Active Play!

The 52 physical activities and their many variations in Active Play! are…

• created for toddlers and preschoolers to play together!
• easy to lead and fun to do!
• inexpensive, using readily available equipment!
• designed for children to develop fundamental movement skills and physical fitness!
• inclusive of children with special needs!

Cost: $39 each for English OR Spanish book with DVD
• Contents:
  • Game Finder
  • Importance of PA
  • Learning through PA
  • Leading PA
  • PA for Young Children
  • PA for Infants and Toddlers
  • PA for School-Aged Children
  • PA for Families
  • 20-Week PA Curriculum
3 Activities available for free at http://activeplaybooks.com/

- Alligator Pit
- Bubble Wrap Jumping
- Swat the Fly

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**BUBBLE WRAP JUMPING**
Inspired by Renée McCall

Tape some bubble wrap to the floor and every child will want to jump until all the bubbles are popped!

**GOALS FOR CHILDREN** • Practice jumping • Develop cardiovascular endurance

**EQUIPMENT**
- Bubble wrap, at least a 10 ft. length, 24 inches wide

*Equipment Tip:* 1/2 in. bubbles pop best. Ask adults to save wrap for this activity. Some businesses will donate wrap, if asked.
- Clear packaging tape

**INSTRUCTIONS**

Tape the wrap to the floor so it won’t slip. Don’t let children mouth or bite the bubble wrap. Instruct the children to move in only one direction when jumping the length of the wrap. No return trips with more than one child jumping at the same time! Or tape a square piece of wrap to the floor for each child if you want them to jump in place.

Show children how to bend their knees and lift with their arms when they jump. Turn on lively music with a strong 4/4 beat to encourage children to jump to the song!

*Cues for Learning to Jump for Distance*

*Just Learning:* “Bend your knees.” “Land on both feet at the same time.” “Start with your arms behind you.” “Swing your arms forward as you jump.”

*More Experienced:* “Reach up and out (at a 45° angle) as you jump.” “Fall forward when you land.” Refer to On-Off to learn more jumping cues.

*Easier:* Hold smaller children’s hands for extra balance. Allow children with development delays to walk if they are not yet ready to jump.

*Harder:* Tape 2 ft. squares some distance apart and have school-aged children jump from square-to-square.

*Variety:* Have the children walk a ‘balance beam’ made from a 6 in. wide, 10 ft. long strip of bubble wrap taped to the floor.

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BUBBLE WRAP JUMPING
Inspired by Renée McCall

Goals: Plan with purpose (Game Finder helps ID activities for characteristics like cardiovascular endurance, stability, locomotor skills, etc)

Equipment: Always low-cost, readily available, multi-use

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INSTRUCTIONS

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Instructions: Incorporates tips for leading successful PA
-Anticipatory guidance for potential barriers and cues for
provider role modeling

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**Vary the Challenge:** Younger or less skilled children can try the easier version. Older or more skilled children can try the harder version. Everyone can learn and be active within one activity. Useful with mixed age groups, children with developmental delay or disabilities.

**Vary the Activity:** Keeps it interesting for adults and children.
Ways to incorporate:
- PA trainings for providers (help providers understand concepts, plan and implement PA throughout the day)
- Family Night
- Include in an already scheduled visit with providers (allows you to role model for providers)
  - View DVD videos with narration to build your confidence and gain familiarity with concepts
Order

  - $39 for book/DVD set
- Supplies: Dollar store, household items, donation
  - Socks
  - Pool noodles
  - Laundry baskets
  - Pie tins
  - Tape, rope, etc