

**Physical Activity for Young Children:
Winter Weather Accommodations,
Recommendations and Resources**

WIC Wellness Coordinator Webinar
Early Childhood Obesity Prevention Unit
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Objectives

1. Describe physical activity recommendations for toddlers & preschoolers.
2. List benefits of physical activity for young children.
3. Identify credible websites for physical activity resources.
4. Recommend indoor physical activity ideas parents or caregivers can engage in with young children.


I am Moving, I am Learning (IMIL) Trainings 2013-present

Centers: 378
Staff: 867
Partners
Trainers
LPHA Coaches






Physical Activity Among Young Children

- Less than half (43%)* of Colorado children ages 5-14 years meet physical activity recommendations (60 minutes/day).
- As children age, physical activity levels decline.
- Boys are more physically active than girls.
- Children spend significant parts of day in sedentary activities.
- Children who live in lower-income communities and communities of color have fewer opportunities for being physically active.



2013 Colorado Child Health Survey



Structured vs Unstructured Physical Activity



Structured = Adult-led physical activity
Unstructured = Free-play or free choice activities



Recommendations: Best Movement Practices

- Facilitate participation
- Make it happen anywhere
- Repetition is key
- Change up activities
- It's *play*, it's *activity*, it isn't *exercise*



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Appropriate Practices in Movement Programs for Young Children
Ages 3-5 (NASPE, 2009)

Physical Activity Recommendations

- 1 Toddlers (1-2 year olds):
Accumulate at least 30 minutes structured per day.
- 2 Preschoolers (3-5 year olds):
Accumulate at least 60 minutes of structured per day.
- 3 All children: Engage in at least 60 minutes and up to several hours of unstructured per day.
- 4 Give ample opportunities to develop movement skills (toddlers) and encourage development of competence in fundamental motor skills (preschoolers) .
- 5 Expose children to safe play spaces indoors & outdoors.
- 6 Adults need to be informed and engaged.

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Active Start: A Statement of Physical Activity Guidelines for Children from Birth to Age 5, National Association for Sport and Physical Education

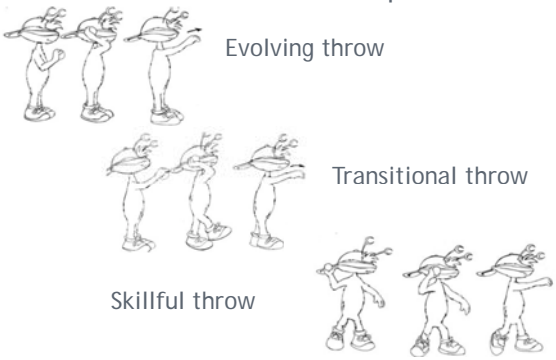
Physical Activity Examples

Unstructured	Structured
Playing on and around outside-playground structures	Stepping and tossing a ball or small objects into buckets ,or hoops on the floor
Riding on a variety of tricycles, scooters, and riding toys	Creative games e.g., tape pictures of fish on the floor, to play "Can you jump over the river with fish in it?"
Pushing and pulling toys	Setting up obstacle course
Digging and building in a sandbox or sensory table	"Toss and Catch" with activity scarves
Playing an informal game of chase, tag, or fetch	Using guided movement music (IMIL)
Supervised and/or assisted climbing e.g., ladders on short slides or stairs	Stretching and moving like different animals

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Active Start: A Statement of Physical Activity Guidelines for Children from Birth to Age 5, National Association for Sport and Physical Education



Maturation vs Development



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I am Moving, I am Learning, Observing and Evaluating Skills Module, 2015

Benefits of Physical Activity for Children

- Builds brain
- Develops coordination and balance
- Builds strength, flexibility and endurance
- Aids in concentration and focus
- Improves sleep
- Builds self-esteem
- Improves social skills
- It's fun!



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I am Moving, I am Learning, Moving with the Brain in Mind Module, 2015

Benefits of Physical Activity for Children

- Develops brain by crossing multiple midlines
 - ✓ Left/Right: Reading and Writing
 - ✓ Top/Bottom: Math
 - ✓ Front/Back: Space Awareness



- Encourages use of both sides of the brain
- Prepares children for handwriting



I am Moving, I am Learning, Moving with the Brain in Mind Module, 2015

Winter Guidelines* for Children

Wind-Chill Factor Chart (in Fahrenheit)

		Wind Speed in mph								
		Calm 5	10	15	20	25	30	35	40	
Air Temperature	40	40	36	34	32	30	29	28	28	27
	30	30	25	21	19	17	16	15	14	13
	20	20	13	9	6	4	3	1	0	-1
	10	10	1	-4	-7	-9	-11	-12	-14	-15
	0	0	-11	-16	-19	-22	-24	-26	-27	-29
-10	-10	-22	-28	-32	-35	-37	-39	-41	-43	

*<http://www.c-uphd.org/documents/wellness/weatherwatch.pdf>

Comfortable for out door play
 Caution
 Danger

Child Care Weather Watch, Iowa Department Public Health, Healthy Child Care Iowa. Produced through federal grant (MCJ19T029 & MCJ19K007) funds from the US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau. Wind-Chill and Heat Index information is from the National Weather Service.



[Weather Guidelines Link](#)

Parent Resources

- [Choosy Kids](https://choosykids.com/pages/videos)- <https://choosykids.com/pages/videos>
- [5, 2, 1, 0 Let's Go](http://www.lets-go.org/get-involved/families/)- www.lets-go.org/get-involved/families/
- [Let's Move](https://letsmove.obamawhitehouse.archives.gov/active-families)- <https://letsmove.obamawhitehouse.archives.gov/active-families>
- [Get Moving Today](http://www.colorado.gov/sites/default/files/ECOP_Get-Moving-Today-Activity-Calendar.pdf) - www.colorado.gov/sites/default/files/ECOP_Get-Moving-Today-Activity-Calendar.pdf
- [Head Start](https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/nycu-take-it-inside.pdf) - <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/nycu-take-it-inside.pdf>
- [Caring Connections Podcasts, Take it Inside](https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/nycu-take-it-inside.pdf) <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/nycu-take-it-inside.pdf>



Homemade Prop Ideas

- [Bean Bags](http://www.youtube.com/watch?v=ugls15uYD3s): Fill socks with dried beans (www.youtube.com/watch?v=ugls15uYD3s)
- Maracas: Fill empty water bottles with pebbles or dried beans
- Parachute: substitute a sheet or blanket



I am Moving, I am Learning, 2015

Homemade Ideas Continued

- **Obstacle Course**: Using household items, set up an obstacle course (e.g., throw balled up socks into laundry basket, use broom handle to go under or over, place painter's tape on the floor and walk in a straight line to practice balancing)
- Use plastic pan scrubbers, paper plates, empty milk cartons, tissue boxes, trash cans, paper towel tubes as play equipment during structured activities at home



Indoor Activity Ideas

Rocket Ship Toss Materials: pool noodle, scarf, hula hoop

How to play:

1. Cut the pool noodle into smaller pieces.
2. Stuff part of the scarf inside the pool noodle to form a rocket ship.
3. Child throws the rocket ship overhand at the target (hula hoop).

Flying Birds Materials: 2 scarves, 4 or more cups

How to play:

1. Place plastic cups equidistant from one another in a straight line.
2. Every child receives two scarves, one for each hand.
3. Child chooses a bird (robin, cardinal, blue bird, etc.).
4. With a scarf in each hand, child runs through the cups (zig-zagging) while flapping his/her wings.





Questions?

Contact:
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De a su hijo comida nutritiva y juegos activos para un futuro sano

Please complete the evaluation and request a certificate of attendance using the link provided on the Adobe Connect panel.

CDLWRAP
Colorado Department of Labor & Workforce Development

A slide titled "Questions?" with contact information for Jodi Christopfel. It includes a small image of a family walking in a park and a Spanish-language headline: "De a su hijo comida nutritiva y juegos activos para un futuro sano". Below the image is a request to complete an evaluation and request a certificate of attendance. The CDLWRAP logo is at the bottom left.