

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



Dr. Diane Craft

Active Play! Pg. 33 Aznn Obesity Prevention Resource Guide

- Physical activity resource for children in ECE settings

The image is a screenshot of a PDF document titled "Resources" from a file named "oprg_online-final-rev8.6.15.pdf". The page number is 33 / 62. The document lists several resources, with the "Active Play" section highlighted by a red oval. Each resource entry includes a title, a brief description, and a "Click Here" button.

Resources

Active Play
This book offers 52 physical activities and their variations that are fun for young children. This is designed for children to develop fundamental movement skills and physical fitness, inclusive of children with special needs. [Click Here](#)

Child Care Provider's Guide: Helping Kids Eat Right and Stay Active in a Childcare Setting
This guide was created to help child care providers understand and address important nutrition and fitness issues for the children in your care including infants, toddlers and preschoolers. [Click Here](#)

Early Childhood Program Guidelines: Birth – Kindergarten
These guidelines are a set of recommended practices for programs to use as they strive for excellence in the care and education of young children throughout Arizona. This document is intended to provide guidance by delineating quality and providing a set of indicators that concretely describe what a program will look like when providing high quality early care and education for children birth through age six. [Click Here](#)

Early Learning Standards
The Arizona Early Learning Standards have been developed to provide a framework for the planning of quality learning experiences for all children three to five years of age. The standards cover a broad range of skill development and provide a useful instructional foundation for children from diverse backgrounds and with diverse abilities. The standards are intended for use by all those who work with young children in any early care and education setting in urban, rural and tribal communities. [Click Here](#)

Ellyn Satter Institute (ESI) - Division of Responsibility in Feeding:
Children develop eating competence step-by-step throughout the growing-up years when they are fed according to a stage-appropriate division of responsibility. At every stage, parents take leadership with feeding and let the child be self-directed with eating. [Click Here](#)

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

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 developmental 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.



3 Activities available for free at
<http://activeplaybooks.com/>

- Alligator Pit
- Bubble Wrap Jumping
- Swat the Fly

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INSTRUCTIONS



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

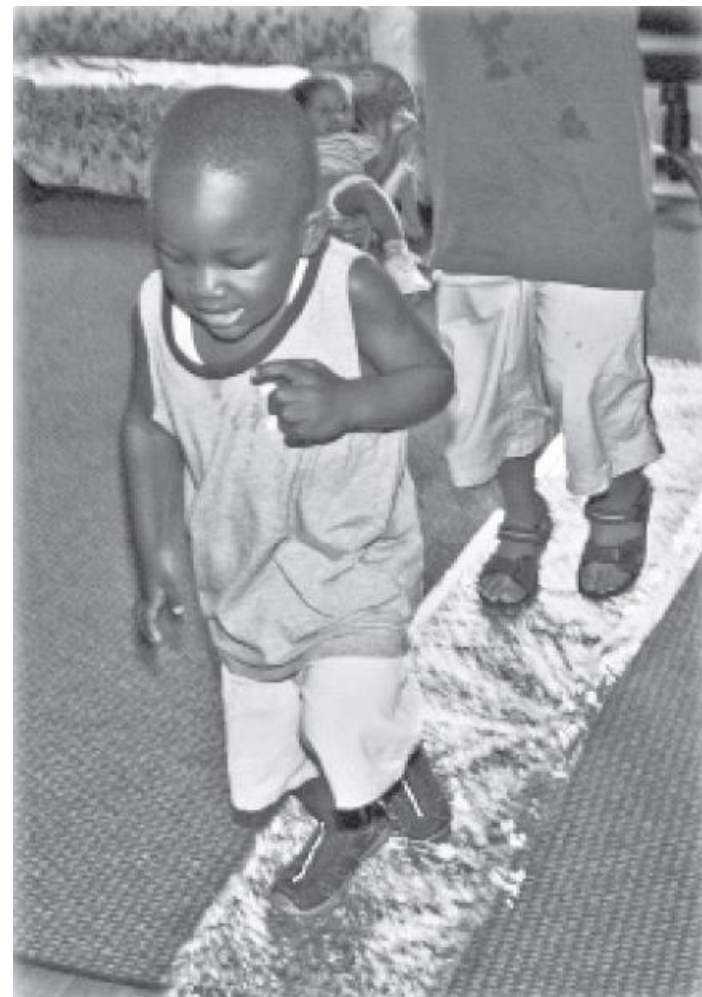


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Instructions: Incorporates tips for leading successful PA
-Anticipatory guidance for potential barriers and cues for
provider role modeling





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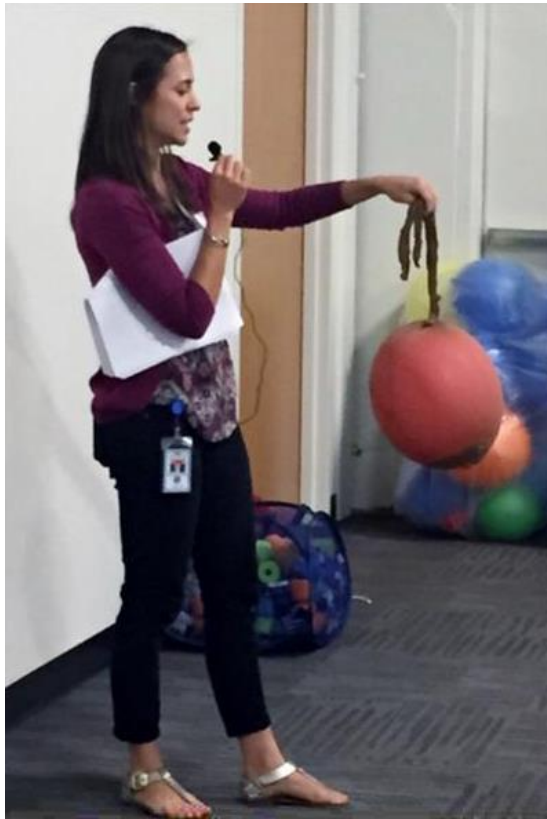
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Vary the Challenge: Younger or less skilled children can try the easier version. Older or more skilled children can try the harder version. Everyone can learn and be active within one activity. Useful with mixed age groups, children with developmental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

- <http://activeplaybooks.com/product/active-play-fun-physical-activities-for-young-children/>
 - \$39 for book/DVD set
- Supplies: Dollar store, household items, donation
 - Socks
 - Pool noodles
 - Laundry baskets
 - Pie tins
 - Tape, rope, etc