

Igniting Your Passion through Active Play

Grey Bruce Public Health
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Early Years Physical Literacy



<https://www.earlyyearsphysicalliteracy.com/>



Land Acknowledgement



Why are you attending this webinar?

- Learning how active play can make **my day better**.
- Making better use of our time **outdoors**.
- Planning more active play **indoors**.
- Encouraging children and families to be **more active**.
- Other?

How can this make your day better?



We know that...

- Children **learn** through play
- Young children **need** and **want** to be physically active
- Active play develops **all areas** of early development
- Learning to **love movement** in the early years can lead to an active healthy life



But, for you?

Finding your joy!

“ I’m a believer in the power of movement and playfulness. ”

“ Instead of saying ‘Don’t!’ I can say, ‘Can you show me again how you did that?’ ”

“ Our relationships with the children have grown stronger. ”

Physical Literacy Proof of Concept in Child Care Study, 2020

When the kids’ behaviours are calmer and smoother, it makes your day better too.

I enjoy participating because it gives me my moments of imagination, creativity, thought processing and release of energy.



The logo for ActivePlay.ca features the text "ActivePlay.ca" in a bold, orange, sans-serif font. The background of the logo is a white rectangle with a wavy, torn-paper-like top edge, set against a light green background.

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Nature play in urban spaces

Click [here](#) to access the video

Active play allows children move as they want and need to.

Physical literacy is developed when they learn the “A, B, Cs” of movement and become competent (skilled) and confident.

How do kids develop Physical Literacy?



It's a perfect circle.

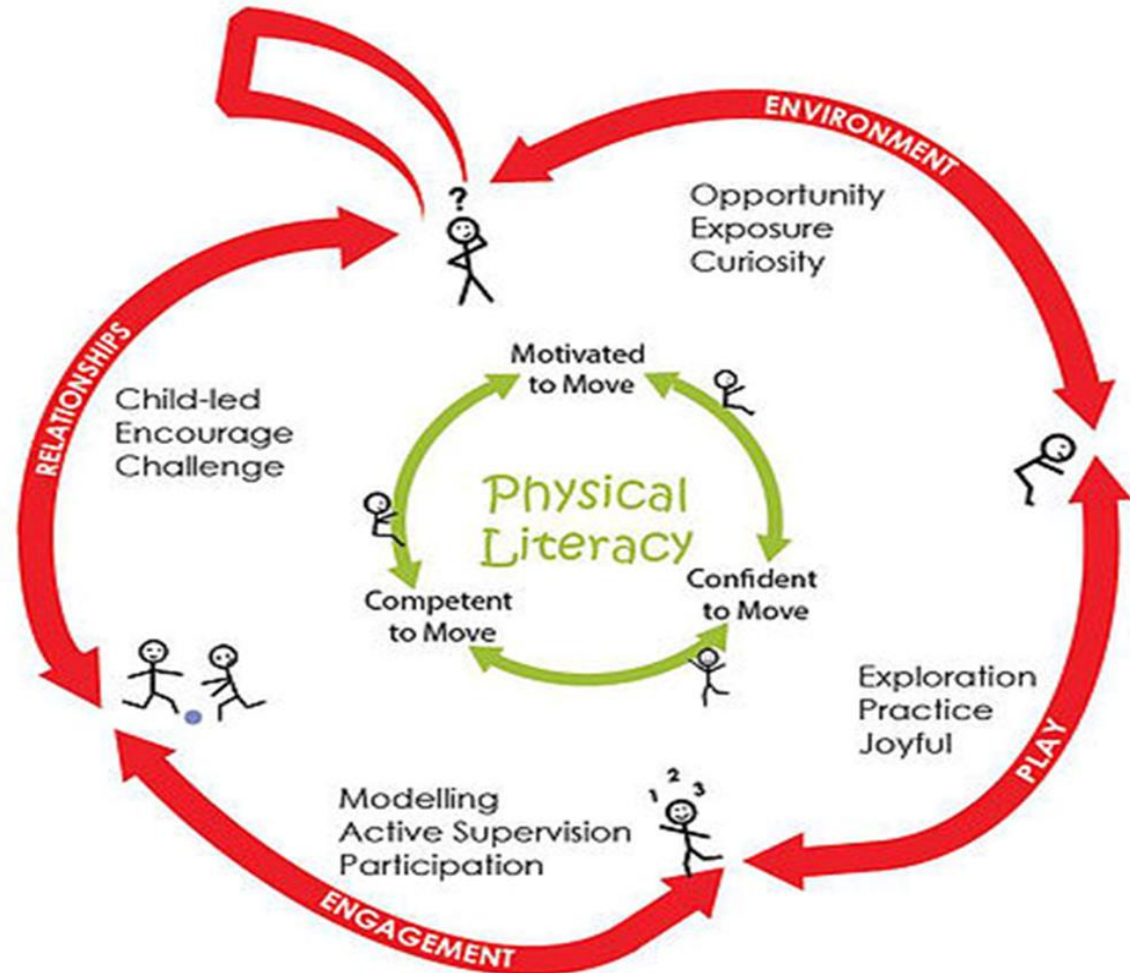
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An organizing model

<https://activeforlife.com/how-educators-use-the-apple-model/>

apple Model (V.2)

Active Play & Physical Literacy Everyday



Indoor Play

Opportunity, Exposure, and Curiosity

Planned activity times (structured play)

- dancing, yoga, active stories, obstacle courses



Indoor Play

Opportunity, Exposure, and Curiosity

Setting up 'nudges' (unstructured play)
activity centres, active transitions



The image shows a graphic with a white background and an orange wavy border at the top. The text "ActivePlay.ca" is written in a bold, orange, sans-serif font. Below it, the words "Object manipulation" are written in a smaller, brown, sans-serif font.

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Object manipulation

Click [here](#) to access the video

So many places to play outside!

Traditional playground



Loose parts playground



Nature-based playground



Natural areas



Revelstoke Child Care Society, Corner Stones and Stepping Stones



Revelstoke Child Care Society, Corner Stones and Stepping Stones



<https://activeforlife.com/natural-playgrounds-for-young-children/>



Windermere Early Learning Centre, Edmonton

Early Years Physical Literacy



Windermere Early Learning Centre, Edmonton

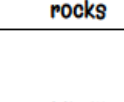


Beyond the Playground



Early Years Physical Education

Winter Activities Scavenger Hunt

 inspect an evergreen tree	 make a snow angel	 prance like a reindeer	 hop like a snowshoe hare	 jump over a stick
 find three different animal tracks	 find a (frozen) puddle	 stand on one leg like a pine tree	 collect three rocks	 roll on the ground
 find four pinecones	 crawl like a bear	 stomp like Sasquatch	 waddle like a penguin	 search for winter berries
 build like a beaver	 find an icicle	 leap like an arctic fox	 dig a hole in the snow	 spot an empty nest
 search for a brown leaf	 toss a snowball	 twirl like a snowflake	 flap like a snowy owl	 look for a winter bird

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Outdoor Sensory Scavenger Hunt

 hug a tree	 walk barefoot	 smell a flower	 touch something bumpy	 look for something yellow
 find four rocks	 feel the sunshine	 spin around	 gently hold an earthworm	 listen to birds
 feel the wind	 roll on grass	 look for a cloud	 squish mud	 hop over something
 touch something smooth	 listen to bugs buzzing	 jump in a puddle	 look for animal tracks	 find something tacky
 find three leaves	 balance on something	 look for a spider web	 dig in the dirt	 taste an herb

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Play – Exploration, Practice, Joyful

- Exploration –
 - Children are curious, problem solve, make decisions
- Practice
 - Practice, practice, and more practice leads to mastery
- Joyful
 - Children develop competence, feel confident, ready to explore some more

Leads to joy and the love of movement!



Watch how your children play

The logo for ActivePlay.ca features the text "ActivePlay.ca" in a bold, orange, sans-serif font. The "Active" and "Play" are joined together, and ".ca" follows. The logo is centered on a white rectangular background that has a wavy, torn-paper-like top edge. Above this white area is a solid orange horizontal bar.

Mud kitchen

Click [here](#) to access the video

Engagement – Your Role

Active engaged supervision

- Observing interests
- Role modelling
- Encouraging, supporting
- Scaffolding
- Co-learning, co-playing



Adventurous play

testing and extending limits	enjoyment, excitement & thrill	healthy, holistic development	mastering fundamental movement skills
school readiness	exploring possibilities & boundaries	experiencing success and failure	new learning experiences & accepting risks



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Adventurous play

Click [here](#) to access the video

Relationships – Children, Educators, Parents

Think back to the videos we have watched.

What strikes you about relationships among children?

Between children and educators?

What do you think might be the relationships between educators and parents?

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The Power of Active Play

Click [here](#) to access the video

Resources

Active for Life: <https://activeforlife.com/>

- posters: <https://activeforlife.com/resource/free-downloads/#posters>
- natural playgrounds: <https://activeforlife.com/natural-playgrounds-for-young-children/>
- Physical Literacy Proof of Concept Study in Child Care Settings: <https://activeforlife.com/study-physical-literacy-early-childhood/>

ActivePlay.ca: <https://activeplay.ca>

- videos, posters, articles, newsletters!!

Early Years Physical Literacy: <https://www.earlyyearsphysicalliteracy.com/>

- PL Proof of Concept Study and Core Story of early brain development: <https://www.earlyyearsphysicalliteracy.com/benefits-of-physical-literacy>
- APPLE Model, APPLE Seeds activities, resources

Sport for Life: <https://sportforlife.ca/>

- Posters soon to be posted: transitions, yoga, active books, hula hoops, bean bags, block play

Questions? Comments? Commitments!

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