

# Igniting Your Passion through Active Play

Grey Bruce Public Health  
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<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 letters are slightly irregular, giving it a hand-drawn or playful feel. The background of the logo area is white with a wavy, orange-to-yellow gradient at the top.

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.**

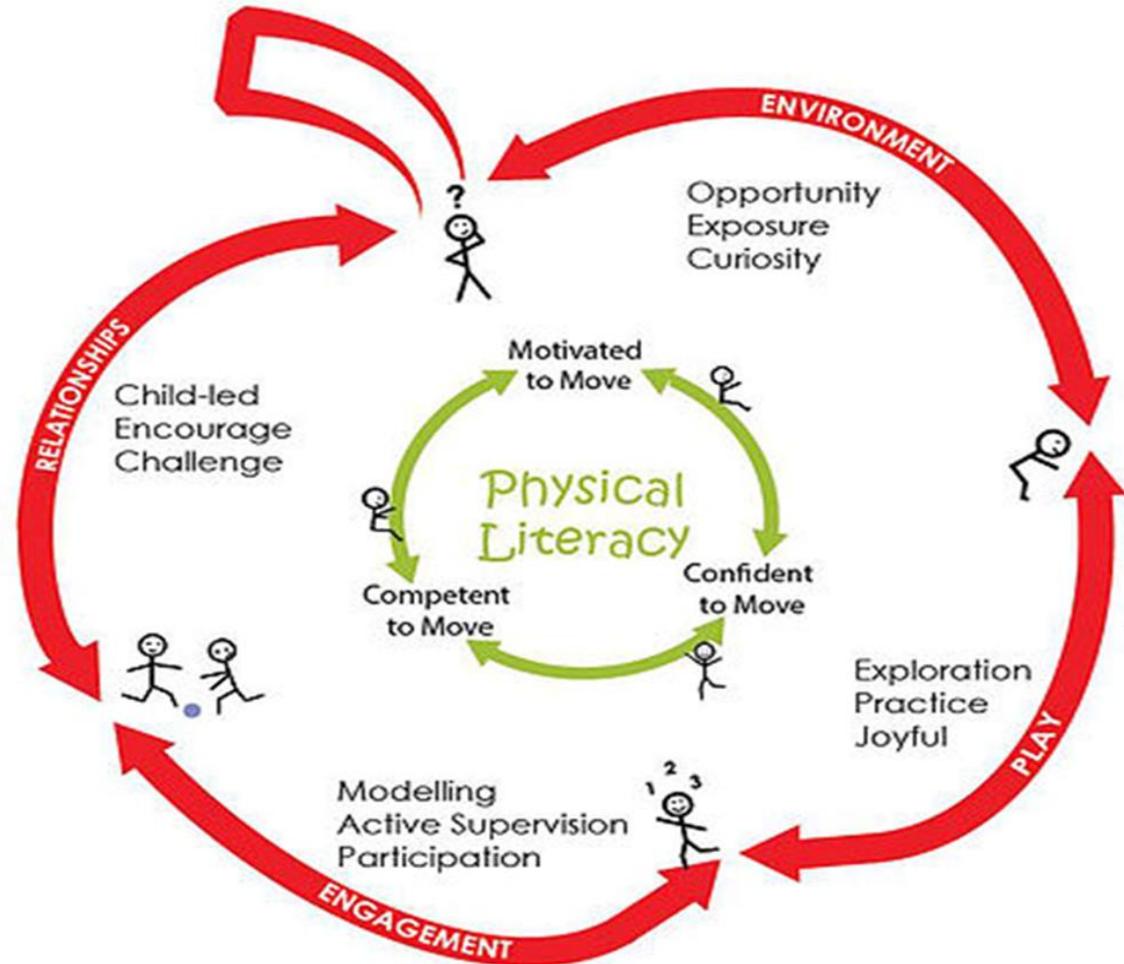
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An organizing model

<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



### Promote Physical Literacy Using Books in Action

Book reading can be equally for active time as it is for quiet time. Telling an active tale is a fantastic way to get children more engaged. Check out this list of books to help boost their desire to move, indoors and outdoors.

From Head to Toe  
by Eric Carle

BARNYARD DANCE!  
by Sandra Boynton

Reach, Twirl, Curl Up Small!  
by Leah Yorkley

Here We Go Round the Mulberry Bush  
by Janet Calvert

We're Going on a Bear Hunt  
by Michael Rosen

I Went Walking  
by Sue Williams

I Am Yoga  
by Susan Verde

Chatham-Kent  
Collaborating Schools, Schools to Schools

Sport for Life

### Promote Transitions Using Itsy Bitsy Yoga

Children love animals so why not introduce them to animal pose yoga! Animal yoga is a perfect activity to calm their minds while keeping their busy bodies active, further developing their balance, coordination, muscle strength and overall well-being.

Cat Pose

Snake Pose

Elephant Pose

Freestyle  
Be creative and let them come up with a pose!

Butterfly Pose

Frog Pose

Hedgehog Pose

Chatham-Kent  
Collaborating Schools, Schools to Schools

Sport for Life

# Indoor Play

## Opportunity, Exposure, and Curiosity

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

### Activate Transitions

Using Physical Literacy in the Early Years

For some children, transitioning from one activity to another can lead to frustration, anxiety and other challenging behaviours. To help decrease the likelihood of these challenges, consider incorporating movement into your transitions to keep their busy bodies occupied and teach them the fundamental movement skills!

- Familiar Tunes**  
Choose a quick and familiar song with active movements such as Skip to my Lou, The Ants go Marching or the Wheels on the Bus.
- High Five**  
Post a printed visual of a hand on a wall at the children's level that they can high-five to indicate they have completed the transition task.
- One Step, Two Steps**  
Give children a visual cue by placing cutouts of footprints on the floor where they are expected to walk.
- Red Light, Green Light**  
Teach the children to stop and go using red and green cue cards to make the transition a fun game.
- Animal Act**  
Allow the children to act like their favourite animal or imitate someone else acting like one - monkey see, monkey do!

Chatham-Kent  
Celebrating Growth, One to One

Sport for Life



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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



## 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 tickly
 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, featuring the text "ActivePlay.ca" in a bold, orange, sans-serif font. The "A" and "P" are significantly larger than the other letters, and the ".ca" is smaller and positioned to the right of "Play".

**ActivePlay.ca**

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

The logo for ActivePlay.ca features the text "ActivePlay.ca" in a bold, orange, sans-serif font. The word "Active" is in a smaller size than "Play", and ".ca" is in a smaller size than "Play". The logo is centered on a white background that is part of a larger graphic with a wavy orange and yellow border at the top.

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?

The logo for ActivePlay.ca, featuring the text "ActivePlay.ca" in a white, bold, sans-serif font centered on a solid orange rectangular background.

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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