



Move, Play & Learn at Home Key Concepts, Ah-has, and IMILisms

Key Concepts:

- Family members are vital to helping young children get the recommended 120 minutes of physical activity daily
- You do not need a lot of space, expensive materials or large blocks of time to do physical activity
- Building a movement foundation is vital to the overall health and well being throughout the lifespan
- Children are not miniature adults; they do not move the same way
- Adults in the home are the most important role models for young children; promote an active lifestyle and an enjoyment of moving
- Start small, keep it simple and be playful

Ah-has:

- Children are intermittent and inefficient movers; they move in short bursts, but recover quickly
- Focus on fun – play and activity versus exercise
- Use small bits of time to plan short, fun activities (e.g. standing in line, setting the table, etc.)
- The two best pieces of materials for physical activity are the child's imagination and their body
- The role of the parent/caregiver is to model, foster, allow, reinforce and enjoy

IMILisms:

- Locomotor/traveling skills, non-locomotor skills, and object control/manipulative skills make up the movement foundation
- Strength, stability, and balance activities can take place in very small spaces
- You can work on MVPA and healthy choices at home – both indoors and out