

MVPA—Every Day!



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Active Learning Involves:

- School readiness skills
- Motor skills for development
- Music, literature, & nutrition integration



Instant Activity with Songs!

- Songs increase physical activity everywhere and for everyone
- Songs can teach school-readiness skills
- Songs are ideal for limited spaces
- Songs can be used as an introduction to a concept or lesson

The Nationwide Health Crisis

- The percentage of overweight and obese children has more than tripled in the past 30 years.
- Incidence of type 2 diabetes has increased in the past 15 years. One in three children will develop type 2 diabetes in the future!
- One in four preschool-aged children are overweight
- 25% of young people do not participate in physical activity.
- We have the first generation of children who will have a shorter life span expectancy than their parents (*CDC, 2005*).

Screen Time Review



1. "Screen" Time = TV, computers, Game Boys, PlayStations, etc.
2. Young children watch up to 28 hours of television a week.
3. Unhealthy snacks are consumed when watching TV.
4. Limit Screen time! Get up and MOVE!

📌 Did you know? Studies have shown the amount of physical activity a classroom has during "movement time" is directly related to how active the teacher is. Be a role model and have FUN!

**Daily Recommendation for PA, Preschool-aged children
(Active Start Document, NASPE, 2009):**



- ✓ Accumulate at least 60 min. a day of structured physical activity (PA) each day.
- ✓ Engage in at least 60 min. up to several hours per day of unstructured PA and not be sedentary for more than 60 minutes at a time (except sleeping).
- ✓ Develop competence in fundamental motor skills that will serve as building blocks for future motor skillfulness and PA.
- ✓ Have indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.
- ✓ Caregivers and parents in charge of preschoolers' health and well-being are responsible for understanding the importance of PA and for promoting movement skills by providing opportunities for structured and unstructured PA.

Use Props!

Balls Bean Bags Hoops
Ropes Yarn balls and MORE!

Traveling Skills

Walk Hop Leap
Run Jump Skip
Gallop Side-Step

SIMPLE GAMES FOR FAMILIES

How to Play:

1. "Over-Under Pass." With a small group (3-5), stand in a line with everyone facing the same direction. Begin with an item to pass at the front of the line, and pass the item over your head until it reaches the last person. That person runs to the front of the line and begins passing again.
2. "Hip-to-Hip Walkabout." With a small group (2-5 people), stand side to side. Place a ball between everyone's hips (no hands allow) and begin to walk forward in a cooperative effort. Try not to lose the ball!
3. "Match Game." Spread out pictures of fruit and veggies, face down, around the area. On the GO signal, everyone begins by hopping to a picture and turning it over. Figure out which category (fruit or vegetable) it belongs to, then gallop to put it in a predetermined area. Pictures can come from magazines or books, Xeroxed sheets the children have colored, or foam cutouts.

📺 Check out the "Have Fun and Be Active" DVD (in English and Spanish) for additional family activities at www.pkimbrell.com.

SCARF PLAY!

Scarf play holds fascination for children of all ages. The novelty of the item is exciting as well as challenging. Scarf play helps with hand-eye coordination. For younger children, the ability to track a moving object transfers to many games and sports. Make sure your scarves are light-weight (although inexpensive paper napkins or tulle works very well too). Use caution, since scarves can be very slippery if stepped on.



SCARF ACTIVITIES

How To Play:

Practice school readiness skills. Identify colors, match scarves to same colors, make various shapes with the scarf, etc.

Use your imagination to pretend with the scarf. It can be a kite, a cloud in the sky, a beautiful tail on a horse, a butterfly wing, etc. Act it out, move your feet around the play area, and be creative!

Continue to move creatively and use concepts like right, left, high, low, out, in, up, down, etc.

Pick your favorite song and move the scarf to the beat. Use different music for a variety of exploration.

Practice tossing and catching with a scarf. Lay the scarf on the palm of one hand, with the thumb and pointer finger of the other hand, pinch the scarf in the middle and lift it off the palm. Now give it a flick into the air and catch it. Keep palms facing out when catching. Toss and catch with one hand, alternate hands, clap once or twice before a catch. For a challenge, try toss-spin around-catch.

Toss the scarf and watch it land on different body parts (back of hand, head, foot, back, etc.)

Pretend to be a magician. Hide the scarf in the palm of your hand and then say, "Abracadabra" as you toss the scarf into the air. For real magic, toss it into the air and catch it behind your back!

Place the scarf over your face and blow the scarf off, then catch it.

Try tossing and catching with a partner or a small group. This can be tricky!

What else can you do with your scarf?

ROPE PLAY!

Rope play has a multitude of uses for people of all ages and can be a great cardiovascular workout. Preschool-aged children can practice flat rope exploration (ropes on the floor), whereas older children can develop jump roping skills and tricks. For young children, integration of school readiness concepts can be introduced very easily. It is recommended that young children use a 7-foot section of rope (nylon, laundry rope, yarn, string) for flat rope play.

FLAT ROPE EXPLORATION



How to Play:

Practice making shapes with the rope on the floor. Make geometric shapes (circle, square, triangle, etc.), fruit or vegetable shapes, simple drawings like a boat, flower, or house. Use your imagination!

Write your name with the rope. Practice writing letters and simple words with the rope. Try to write a few words that rhyme (i.e., bat, cat, hat).

Write some numbers. Add or subtract simple math equations. For older children, try multiplication or division problems.

Make a pattern with the ropes; make it simple for young children or complex for older ones. Example: circle, square, circle, square, etc.

Ropes can be used to draw body parts (hand, arm, foot, toes, etc.). If you have several ropes or a small group, work together and create a giant body.

Make rope lines. Using several ropes, lay them in parallel lines 6 to 8 inches apart. Then have a conga line as individuals walk sideways over each line, crossing each foot over the other. Increase the speed and the rhythm for tons of fun!

Movement Charts and Cue Concepts:

<i>Traveling Actions</i>	<i>Stabilizing Actions</i>	<i>Manipulating Actions</i>
Walk	Push/Pull	Rolling
Run (jog)	Bend/Stretch	Throwing
Hop	Twist	Catching
Jump	Turn	Dribbling
Gallop	Sink/Rise	Kicking
Skip	Small/Big	Striking
Side-slide	Wide/Thin	
Leap		



<i>Space</i>	<i>Pathways</i>	<i>Levels</i>	<i>Tempo</i>	<i>Direction</i>
Personal	Straight	Low	Slow	In place
General	Curvy	Medium	Fast	Forward/Backward
	Zigzag	High	Half-speed	Left or Right
	Diagonal			Over, under, around, beside, in front/back, between

**Think
MVPA!**

Moderate to
Vigorous
Physical
Activity

Limited Space!

Move where you are

Be a Role Model!


**Be a Facilitator of
Movement!**

For yourself, families,
coworkers, and children
of the future

Intentionality!

Purposeful play with MVPA included

MVPA Music List

- Song: *Swing and Sway*
CD: *I'm Moving, I'm Learning*
Transitional music, traveling skills
 - Song: *Build a Bridge*
CDs: *Smart Moves 1* or *Smart Moves 2*
Cooperation, listening, imaginative play
 - Song: *Choosy Freeze*
CD: *Choosy Kids*
Auditory cue discrimination
 - Song: *Dance Freeze*
CD: *Smart Moves 2*
Auditory cue discrimination
 - Song: *Build a Bridge*
CD: *Smart Moves 2*
Patterning, listening skills
 - Song: *With a Letter or Two*
CD: *Smart Moves 2*
Letters, numbers, and counting
 - Song: *Wild Vines*
CD: *Smart & Tasty 1*
Pre-writing with nutrition
 - Song: *Take That Rope (Letters)*
CD: *Smart Moves 2*
Rope activities, letters
 - Song: *In My Body*
CDs: *Smart Moves 1*
Body awareness, following directions
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- Song: *Shake, Mix, Pound, Roll*
CD: *Smart & Tasty 1*
Patterns and sequences
- Song: *Toss & Catch*
CDs: *Smart Moves 3*
Scarf activity, hand-eye coordination
- Song: *Follow the Leader*
CDs: *Smart Moves 3*
MVPA, follow the leader

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- ✓ www.pkimbrell.com
Free downloadable documents
 - ✓ www.ChoosyKids.com
Music, videos, etc.
 - ✓ www.ABridgeClub.com
Music, books, videos, etc.
 - ✓ Active Start document
www.AAHPERD.org (NASPE)
 - ✓ Food For Thought
ISBN 30-439-11018-1
 - ✓ We Can! Parent Handbook
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm