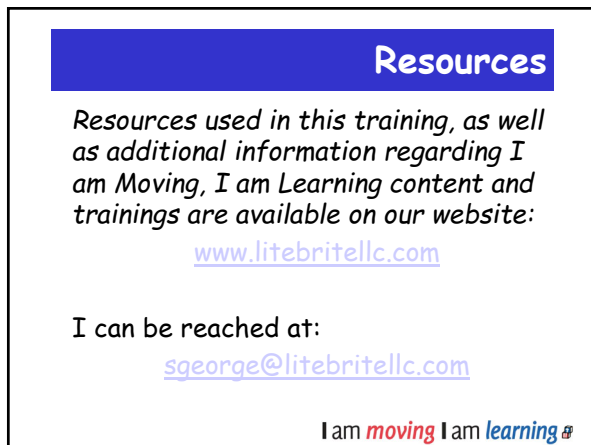


1



2





3

MVPA Goals


Primary Objective:
To increase moderate to vigorous physical activity in a variety of settings

- With preschool-aged children
- With families
- With staff

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4



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5

MVPA Goals cont.

Secondary Objective:
To "intentionally facilitate" integration of active learning via physical activity.

- School readiness skills
- Motor skills for development
- Music & nutrition



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6

What Is MVPA?

Answer:
 Moderate to vigorous
 physical activity (MVPA)

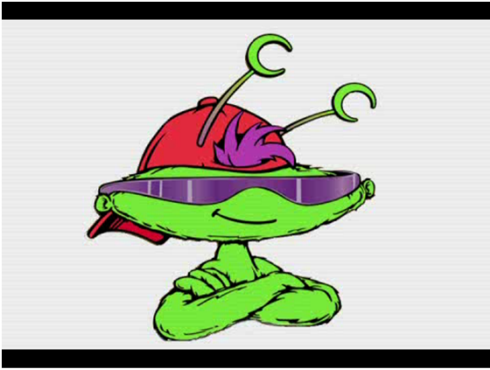
Accumulate
60
minutes
a day

Why do children need MVPA?
 Most children do not
 get enough MVPA during
 their day

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7



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8

HS Child Outcomes Framework


5 Domains

- Approaches to Learning
- Social-Emotional Development
- Language and Literacy
- Cognition
- Perceptual, Motor, and Physical Development

Language and
Communication
Literacy

Mathematics Development

Scientific Reasoning



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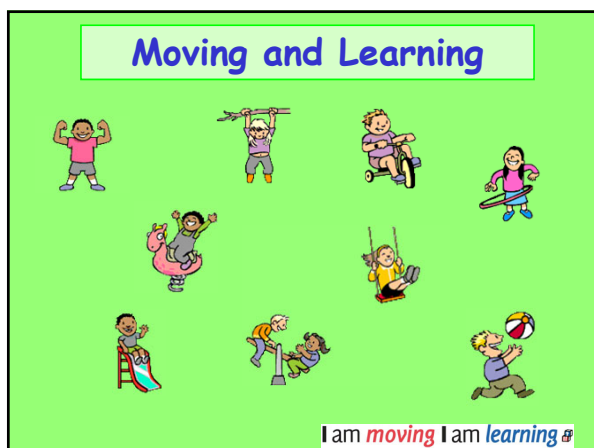
9



10



11



12




Swing and Sway

Transitioning music
 Traveling and stabilizing skills
 Balance



March Sway Swing

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13




Dance Freeze

Auditory cue discrimination
 Listening skills
 Traveling skills




Warm up the body!

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14




Build a Bridge


Cooperative play
 Language/vocabulary development
 Listening skills, following directions
 Sequencing/patterning
 Imaginative play





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15


🎵 Build a Bridge 🎵




Bridge
Una puente




Tunnel
Un tunel




Road
Una calle



Cave
Una cueva



Tower
Una torre



Wall
Una pared



Diagram courtesy of Angela Russ

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16

🎵 With a Letter or Two 🎵


Letter and number recognition
Gross motor movement
Sensory integration
School-readiness skills


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17


MVPA IS FOR EVERYONE!



With
Children



With
Families



With
Staff

🎵 Swing and Sway
🎵 Dance Freeze

🎵 Build a Bridge
🎵 With a Letter or Two

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18

Name the Domain!



Approaches to Learning
Social-Emotional Development
Language and Literacy
Cognition
Perceptual, Motor, and Physical
Development

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19

Activity Ropes

Learn while you play!

- School-readiness skills
- Shapes, numbers, letters, patterns, body part identification, etc.



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20

Nutrition Integration



🎵 Wild Vines

Draw your favorite fruit or vegetable!




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21


Literacy Development

LINES:


straight




curved



zigzag






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22

Literacy Development

LETTERS:
What is the letter a child typically learns first?

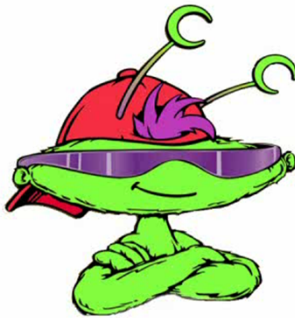


Take That Rope (Letters)



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23



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24

Body Part Identification



🎵 In My Body

Head

Shoulders

Knees

Toes

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25

Limited Space & MVPA

- Enhance motor skill development (hand-eye coordination, spatial awareness, loco-motor skills, etc.)
- Integrate school-readiness skills (shapes, colors, matching, graphing, etc.)
- Use a variety of manipulatives/equipment such as scarves

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26

Limited Space with Scarves

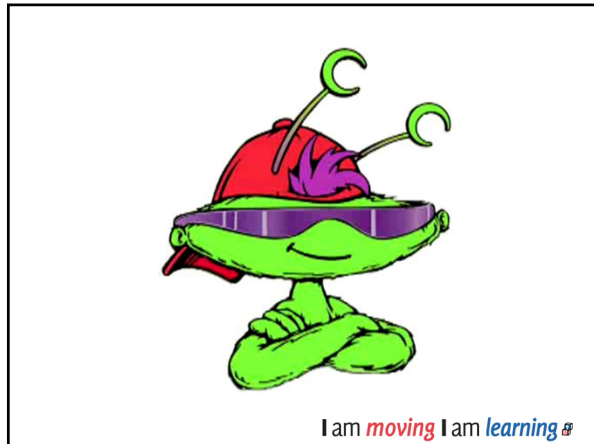
🎵 Toss & Catch

Hand-eye coordination




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27



28

Limited Space in the Classroom

🎵 **Follow the Leader**
Small group, leadership, creativity









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29

Name the Domain!



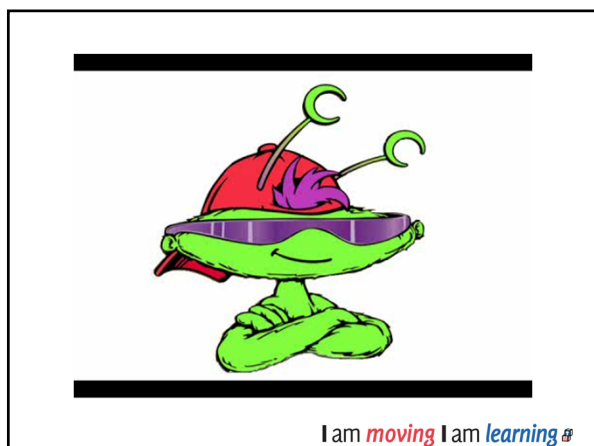
Approaches to Learning
Social-Emotional Development
Language and Literacy
Cognition
Perceptual, Motor, and Physical Development



Opportunity Knocks!

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30



31

Name the Domain!



Approaches to Learning
 Social-Emotional Development
 Language and Literacy
 Cognition
 Perceptual, Motor, and Physical Development



Opportunity Knocks!

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32

Resource

We Can!

<http://wecan.nhlbi.nih.gov>




*To request a free
 We Can! parent handbook:
 866-35-WE CAN
 866-359-3226
 (Available in English and Spanish)*

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33

Families and MVPA

Take a Parent for a Walk!



What can families do to increase MVPA?

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34

IMIL and Families








"Have Fun & Be Active" I am *moving* I am *learning* #

35

Summary



- **Promote MVPA with children:**
 - Via "intentional facilitation" of play
 - In limited space
 - When transitioning
- **Promote MVPA with families:**
 - Demonstrate practical ideas for families to be active
 - Encourage families to disguise school-readiness skills in FUN ways
- **Promote MVPA with staff:**
 - Be a role model
 - Incorporate PA at staff meetings
 - Increase staff-wellness PA



www.pkimbrell.com I am *moving* I am *learning* #

36

Reflection

Capturing Key Concepts,
Ah-has, and IMILisms

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37

MVPA - Every Day! Resources

Resources used in this training, as well as additional information regarding I am Moving, I am Learning content and trainings are available on our website:

www.litebritellc.com

I can be reached at:

sgeorge@litebritellc.com

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38



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39



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40



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41



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42
