


HEAD START
BODY START
National Center for
Physical Development
and Outdoor Play

HEAD START
BODY START
NATIONAL CENTER FOR PHYSICAL
DEVELOPMENT AND
OUTDOOR PLAY

**MOVE
PLAY &
LEARN
AT HOME**






Activity: Hello Neighbor

*Hello Neighbor, what do you say?
It's gonna be a wonderful day!
So clap your hands, and boogie on down
Give us a bump, and turn around*




I am moving I am learning




Learning Objectives

1. Recognize that young children are intermittent movers, and need movement opportunities dispersed throughout their entire day – including their time spent at home.
2. Recognize that young children learn in an integrated fashion, and identify various strategies for combining movement with other at-home learning tasks.





I am moving I am learning

Learning Objectives Continued


3. Recognize that physical activity for young children is not the same as it is for adults; it must be playful, simple, creative, and success-oriented.
4. Identify and experience a variety of developmentally appropriate, simple activities that can be utilized with young children at home.
5. Identify materials around the home that have potential to enrich movement experiences. 

I am moving I am learning #

Activity: Do Three with Me





Reach up high, Touch the floor, Turn a circle
Wave to a friend, Hop on one leg, Shake your hips
Wiggle your elbows, Walk like a crab, Pretend to kick



I am moving I am learning #

Group Work




Create an Activity

I am moving I am learning #

Group Activity: Processing

What was the best activity from each group?

- *Why? What makes it stand out?*
- *What physical skills were you able to address with these common household items?*



I am moving I am learning

Importance of Parents & Caregivers



I am moving I am learning


Parent/Care-Giver Role

- ✓ Model
- ✓ Foster
- ✓ Allow
- ✓ Reinforce
- ✓ Enjoy



I am moving I am learning

Building a Movement Foundation



I am moving I am learning #

Locomotor/Traveling Skills



I am moving I am learning #

Non-Locomotor Skills



I am moving I am learning #

Manipulative/Object Control Skills



I am moving I am learning

Physical Activity Recommendations

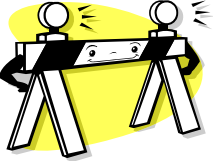
60 Minutes of Structured
+
60 Minutes of Unstructured
Total Daily Physical Activity



I am moving I am learning

What Gets in Your Way?

Obstacles



I am moving I am learning


Obstacle #1



Time

I am moving I am learning #

How Young Children Move



- Intermittent movers
- Inefficient movers
- Tire easily, but also tend to recover quickly

I am moving I am learning #

What does this mean?



A little bit here and a little bit there ...



I am moving I am learning #

Finding 120 Minutes in a Day...


- ✓ Waiting for the bus or waiting in line
- ✓ While preparing a meal
- ✓ Morning wakeup routine
- ✓ Integrated with other school work
- ✓ Before going to bed
- ✓ Driving in the car
- ✓ Walking from car to the store

I am moving I am learning #

Time for Reflection: Partner Share

1. Pick two times during the day your kids are not usually active.
2. Discuss a few ideas you can try.
3. Can you think of any potential barriers or challenges? **Brainstorm solutions!**



I am moving I am learning #

Obstacle #2



Space

I am moving I am learning #

HEAD START
Early Head Start
National Center on Early Childhood Development, Education, and Health

But Lots can be done in a Small Space ...

- Strength
- Balance
- Stability



I am moving I am learning

HEAD START
Early Head Start
National Center on Early Childhood Development, Education, and Health

Time for Reflection: Partner Share

Brainstorm a **simple physical activity** you could do with your child in a small hallway or a tight kitchen space.



I am moving I am learning

HEAD START
Early Head Start
National Center on Early Childhood Development, Education, and Health

Obstacle #3



Stuff

I am moving I am learning

HEAD START
Early Learning
Program
Washington, DC


No Equipment Necessary

Body
+
Imagination



I am moving I am learning

HEAD START
Early Learning
Program
Washington, DC



Climb, push, pull, crawl,
balance, jump ...

I am moving I am learning

HEAD START
Early Learning
Program
Washington, DC

Can you? Show me? Imagine & Pretend!

Soar like a Plane 

Bounce like a Ball 

Spin like a Blender 

Fly like a Kite 

Pounce like a Lion 

Walk like a Robot 

Slither like a Snake 

I am moving I am learning



Activity Ideas ...



...using your space,
stuff, and time ...
Let's Play

I am moving I am learning



Activity Ideas

1. **How Many Steps**
2. **Aviator**
3. **ABC Toss Across**
4. **All Aboard**
5. **Copy Cat Add On**
6. **Creating Movement Patterns**
7. **Sock Hockey/Soccer**
8. **Color Find**
9. **Stepping Stones**
10. **Shape It & Move it**



I am moving I am learning



Take Home Messages

1. **Start Small**
2. **Keep it Simple**
3. **Be Playful**




I am moving I am learning

Time for Reflection: Partner Share

✓ What have you learned?

✓ What are you going to try?



I am moving I am learning #



Questions & Answers



I am moving I am learning #
