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# Physical Literacy in the Early Years



- Childhood Memories...

# Physical Literacy



# Physical Literacy



# PA Guidelines

## Canadian Physical Activity Guidelines

FOR THE EARLY YEARS - 0 – 4 YEARS

### Guidelines:

For healthy growth and development:



Infants (aged less than 1 year) should be physically active several times daily – particularly through interactive floor-based play.



Toddlers (aged 1–2 years) and preschoolers (aged 3–4 years) should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day, including:



A variety of activities in different environments;



Activities that develop movement skills;



Progression toward at least 60 minutes of energetic play by 5 years of age.



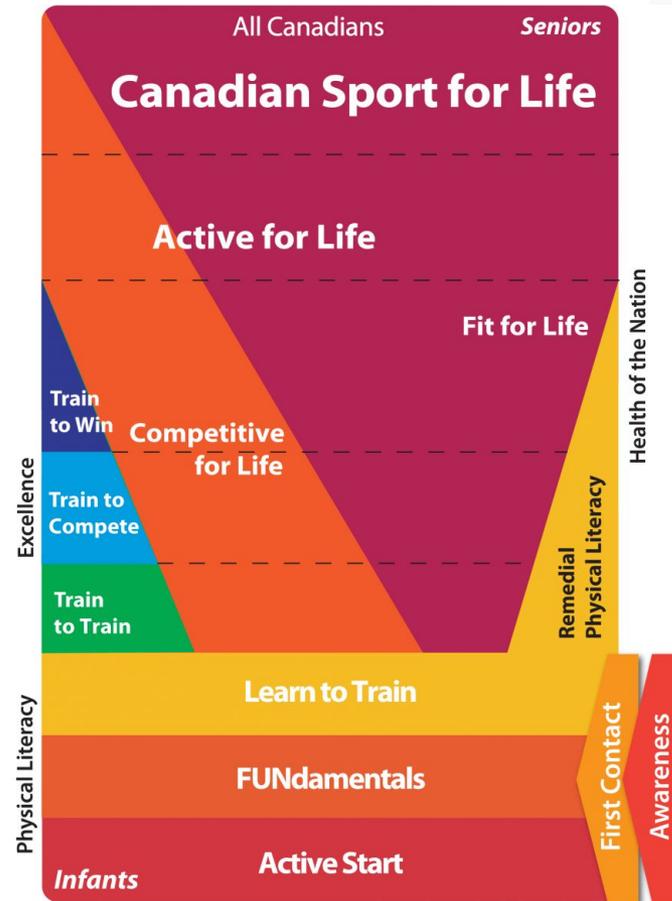
More daily physical activity provides greater benefits.



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- The Early Years

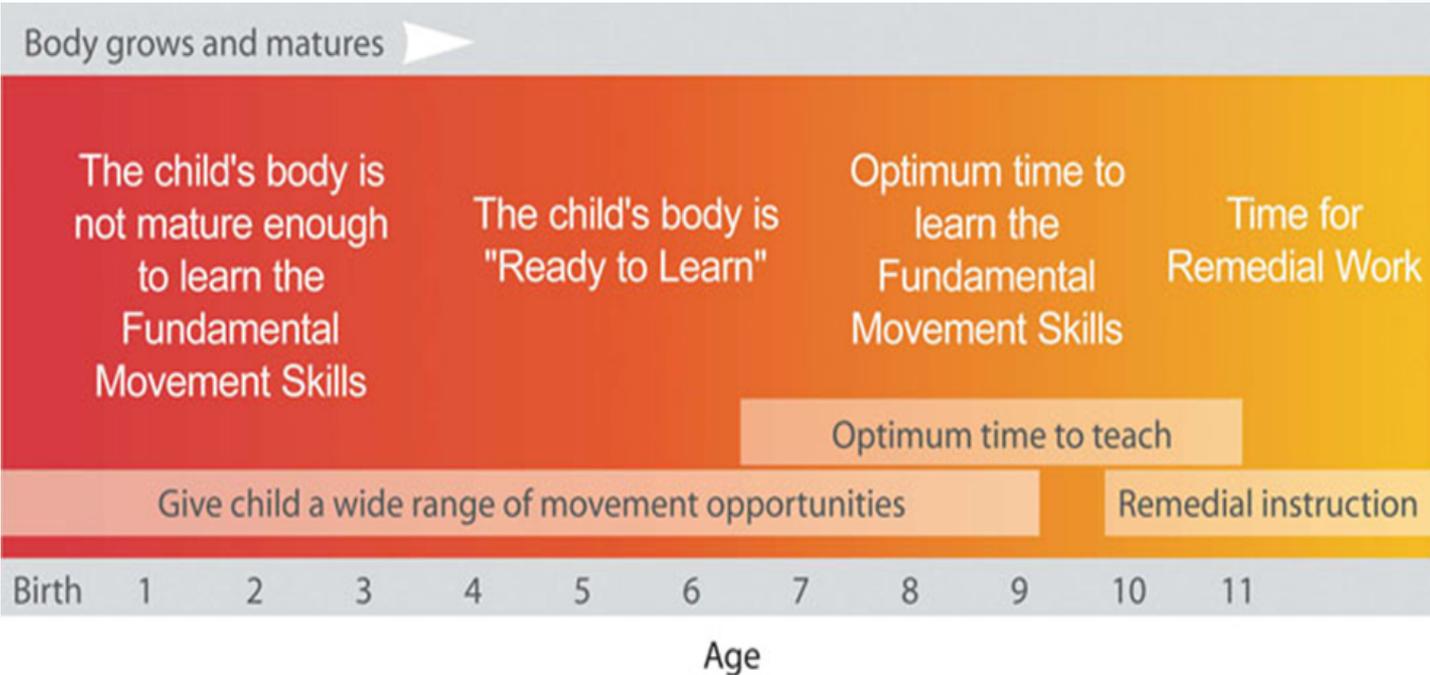
- 0-5/0-6 LTAD



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# Optimal Time For Learning

Figure 4- Learning Fundamental Movement Skills



CS4L (Developing Physical Literacy) A Guide for Parents of Children Ages 0-12

# Brain Architecture

Three Core Concepts in Early Development

## 1 Experiences Build Brain Architecture

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD

Center on the Developing Child  HARVARD UNIVERSITY

- What does developing physical literacy look like in the early years?
  - Exposure
  - Introduction of FMS
  - Exploration
  - Play
    - Free and unstructured (mainly)

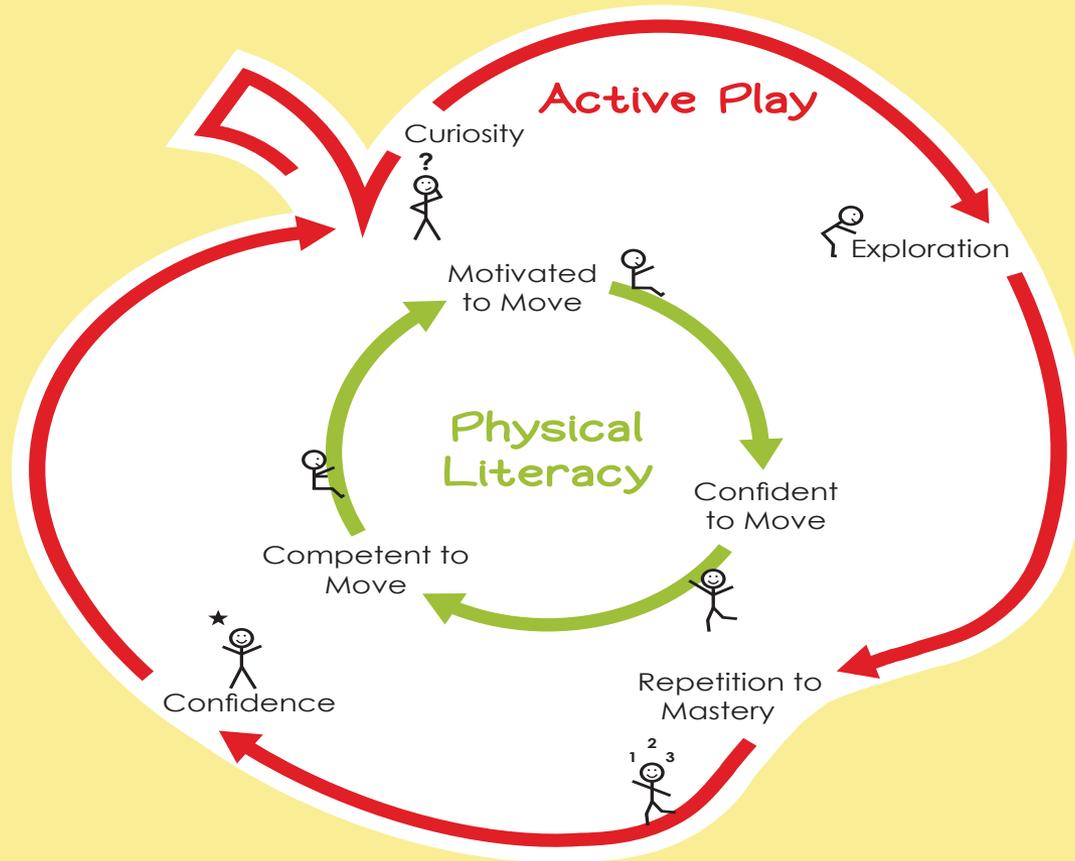
## • Movement Exploration

- Exploring body in space
- Rhythmic activities
  - Dance, gymnastics
- Testing limits
- Other FMS Skills
  - Twisting, turning, bending , stretching, falling, etc.



# apple

active play & physical literacy everyday



Create a rich environment that promotes **active play** to spark a child's curiosity and exploration, and motivates a child to move



The child will repetitively engage in **active play** building mastery, confidence and competence to move in different ways



**Active play** facilitates fundamental movement skill development promoting **physical literacy everyday**

Design by christinaches.com



- Developing physical literacy is essential to early childhood development
  - Social benefits
  - Cognitive benefits
  - Emotional benefits

## • Infancy (0-1ish)

- Tummy time
- Reaching
- Grasping
- Rolling over
- Sitting
- Standing
- Cruising



## • Toddlers (1-3) & Pre-school (3-5)

- Walking
- Running
- Kicking
- Throwing
- Catching
- Jumping
- Leaping
- Striking



- Progressions
  - There is typically a developmental progression amongst the skills
  - Children must master certain stability skills before they can progress onto locomotor skills (Stopping involves stability)
  - Manipulative skills are generally the last to emerge
  - There is a large range of normal in the early years
    - Can make for a challenge in the childcare setting

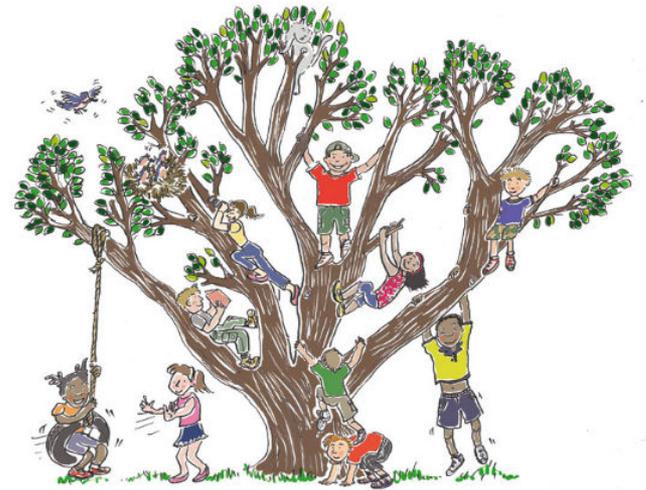


# PLAY TIME!



## • Risky Play

- Essential for healthy brain development
- Age appropriate
- Assess and manage risk
- Determined by the child
- Bumps and bruises expected





- The Environment
  - Where is the child spending their time?
  - What does the environment look like?







## • The Parent / Caregiver

- Parents/caregiver's activity levels directly correlate with children's PA levels
- Encourage active behavior
- Allow time for free play
  - Limit screen time
  - Maximize time outdoors
- Beliefs
  - Study - 38% of parents did not believe that PA influences a child's risk of future health problems

## • The Experience

- Positive and negative experiences are also built into brain architecture
- Can impact future participation in physical activities
- What makes a physical activity experience positive? Negative?

## • Motivation

- Help to build intrinsic motivation in the early years through:
  - Positive experiences
  - Risky play
  - Confidence and competence
  - FUN

