

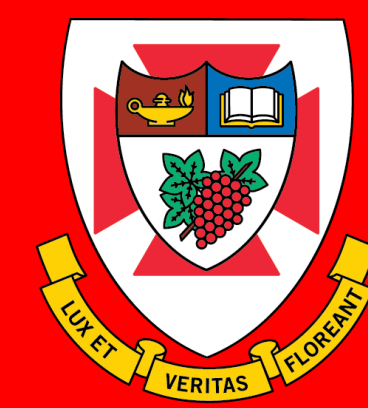
Movement for Life! The Role of Adults in Physical Literacy Development

Dr. Melanie Gregg, Dr. Nathan Hall, & Samantha Toulman – Gupta Faculty of Kinesiology & Applied Health



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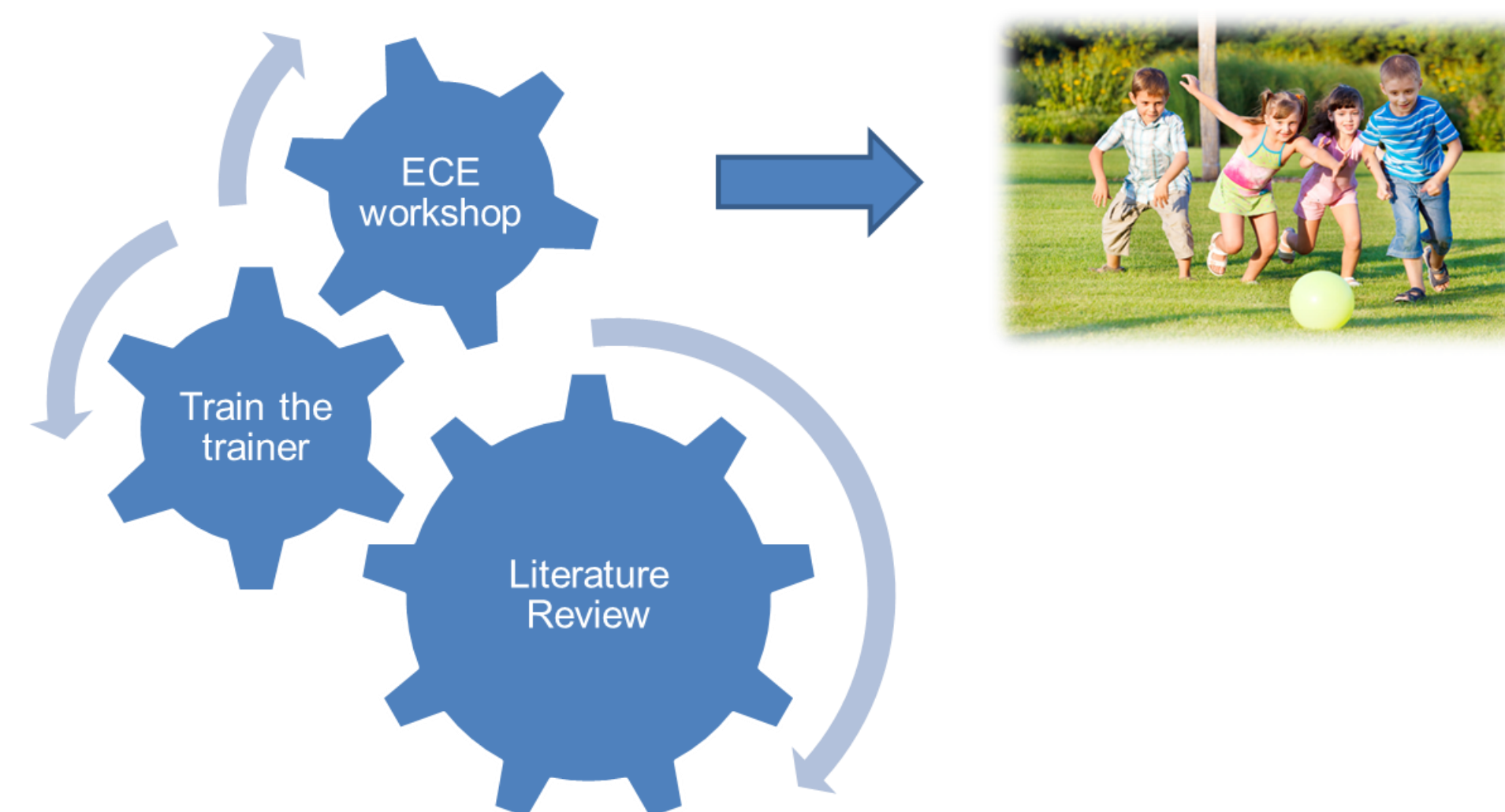
Background

- Physical literacy (PL) opportunities in the early years assist young children in developing a love of being physically active¹.
- Activity patterns established between birth and 6 years of age are an indicator of levels of physical activity for the next five years².
- Activity levels in young children can start to decrease at age three³.
- Caregivers, including early childhood educators (ECEs), serve as role models and are the gatekeepers to providing opportunities for PL development.
- Increasing ECEs understanding and promotion of PL can improve the opportunities to develop PL in young children.

The Program

- The City of Winnipeg and University of Winnipeg collaborated on a comprehensive literature review regarding PL in early childhood.
- Created evidence based PL education program for adult caregivers of infants, toddlers, and preschool children.
- Fit Kids Healthy Kids & City of Winnipeg Community Services Department worked together to deliver program at early childhood care centres.
- FREE** 9 week program includes 3 hour workshop for ECEs followed by 8 consecutive weeks of Fit Kids Healthy Kids programming.

Movement for Life!



- The workshop focuses on sharing research based evidence, and increasing awareness of early childhood PL development
- Fit Kids Healthy Kids visit once a week during 8 week period
- Fit Kids Healthy Kids organize and lead PL focused activities with children while ECEs help or observe

Participants

- 98 ECEs from 9 childcare centres participated in the program
- 27.6% aged 40-49
- Years of experience ranged from 1 month to 25 years; $M = 10.70(SD=8.93)$

Outcomes

Best practice ideas for implementing PL education programs for ECEs:

- Get buy-in and participation from the centre's directors
- Engage participants through variety of methods (e.g., manuals, games, videos)
- Have facilitators share relevant personal experiences, participate in the activities and lead by example

Recommendations for best practices to foster PL development opportunities in early childhood centres:

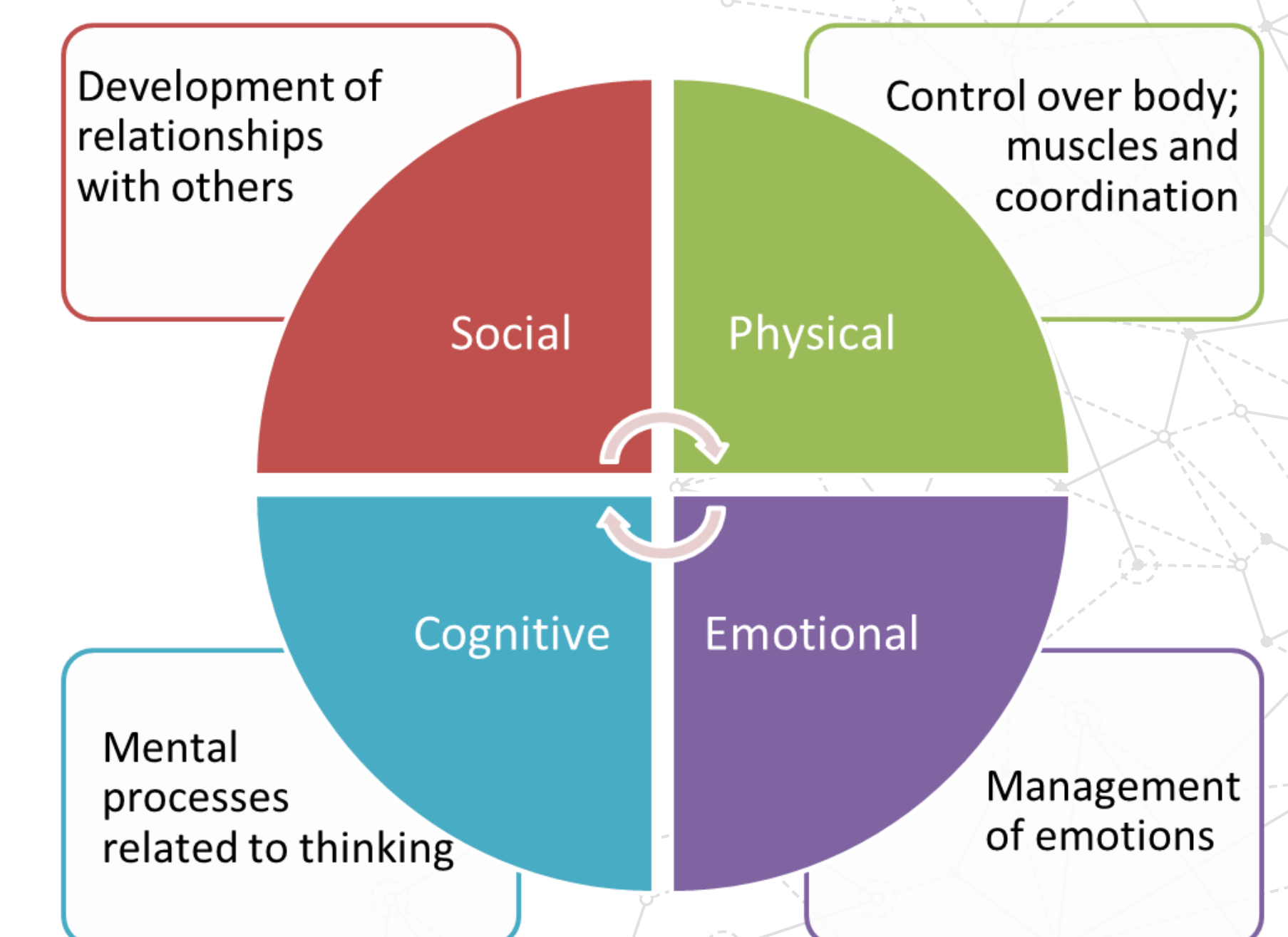
- Offer something they can keep using after program ends (manuals, reference equipment, lists of suggested activities)
- Demonstrate how to incorporate PL activities in the indoor and outdoor spaces that are available at the centre
- Provide many examples of how PL opportunities can be integrated into current practices
- Remind participants to lead by example and model PL to the children
- Relate PL activities to 4 developmental areas (social, emotional, cognitive, and physical) and show how each area supports the others

Outcomes

Barriers to implementing a PL education program with ECEs:

- Typically must organize training workshops outside of childcare hours
- Printing manuals is costly (~\$23/participant manual)
- Turnover and attendance among ECEs
- Requires considerable number of contact hours to complete training

Four Developmental Areas



References

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- Taylor, R. W., Murdoch, L., Carter, P. H., Gerrard, D. F., Williams, S. M., & Taylor, B. J. (2009). Longitudinal study of physical activity and inactivity in preschoolers: The FLAME study. *Medicine & Science in Sports & Exercise*, 41(1), 96-102.

