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Check out our December activity calendar and try some of the activities, all of the activities, or use the ideas to inspire your own activities that incorporate learning the fundamental movement skills—but most importantly FUN!

Westman Physical Literacy



Westman PL Committee, back row: Antoinette Gravel-Oulette, Kris Doull, Nicole Synchshyn, Charlene Dysart, front row: Nikki Dean, Sydney Bernard and missing from the photo: Jenn Cullen



Our purpose is to provide an avenue for interested partners to work together to promote, implement and evaluate programs, services, amenities and policy which increases the physical literacy of Westman children ages 0 - 12.

We have representation from Prairie Mountain Health, Indigenous and Municipal Relations, Sport Manitoba, Westman Childcare Directors, Westman Recreation Practitioners Association and Assiniboine North Parent Child Coalition.

This publication is the third and final E-News of our 2016-17 Physical Literacy Education Campaign! Although December is the end of our campaign, we will be continuing to spread the word about PL with the goal to give children the competence, confidence and motivation to be active for life!

We would like to thank you for your interest in PL and we look forward to continuing to work together!

Additional Resources

Check out the Physical Literacy Learning Lab for online tools and information! Click the logo below:



WESTMAN PHYSICAL LITERACY

Helping kids learn to MOVE!

PL in an Early Childhood Setting

When people hear the words 'physical literacy' for the first time, I can see the wheels turning. Why would a word that means 'physical' and a word that refers to 'reading' be smushed together?

Actually, physical literacy is something AS important as physical activity AND as important as learning to read. Being 'physically literate' means that you have, and understand the fundamental movement skills to be able to participate in activities that require them. Learning how to skip, hop, throw and kick are skills that will allow children to feel confident to join in a game or activity without thinking 'I'm not good at sports'. We want children to gain these skills so they have them for life, and will be able to confidently join in sport, games or just be active.

In an early childhood setting, our role as educators is to offer a variety of activities that will get children involved



in practicing these fundamental movement skills. If we are singing a song, what actions can we incorporate in order to get kids practicing to hop on two feet? One foot? Waving their left hand? Their right hand? If we are getting them to play with a ball, can we physically show them how to kick the ball so they can then feel confident enough to join the preschool soccer league? Can we get them to throw bean bags into a bucket so they can happily join the t-ball team? It doesn't have to be hard. Take the activities you are

already doing and start to think about crossing the midline, taking GIANT steps, baby steps, making your body take up as much space as possible, taking up as

"Inexpensive, educational, and FUN! Music to an ECE's ears!"

little space as possible. One of my favorite activities for preschool aged children (maybe even school age...) is to get them to spell out words or make letters using their bum! That's right, their bum! Can you imagine the laughter that will ensue once you

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have to use your butt to spell 'yes' or 'no'? Give it a try!

Stickers! Who doesn't love stickers? Put different colored stickers on each child's hands, elbows, knees, and feet! Then you get to tell them what to do! Put the red dot on the yellow dot! Or, put the red dot on your hip! This will help them understand colors, movement and body parts! Inexpensive, educational, and FUN! Music to an ECE's ears!

So I challenge you...how can you turn your favorite book, song, or art activity into something that will enhance their fundamental movement knowledge?

I'll bet if you type in 'physical literacy activities' into Pinterest, your weekly planning will take care of itself! Keep Moving!

Jenn Cullen ECE III
Director
Wawanasa Wee Care Inc.

Assessing Physical Literacy

Can your child (or the children you work with) throw a ball? Play hopscotch? Jump rope or turn a somersault? If you are like many busy parents (or individuals that work with children), you may not know.

What we do know is that children who are physically literate have the confidence to use a wide variety of fundamental movement and sport skills to participate in all manner of sports and physical activities throughout their lifespan. We also know that if children don't develop these basic movements, they feel self-conscious and they don't participate as often. So how can we as parents or individuals that work with children know if our children are becoming physically literate?

There are a number of tools we can use to assess physical literacy in our children or the children we work with:

PLAY - Developed by Canadian Sport for Life, PLAY—literally, “physical literacy assessment for youth” - is a practical way to ensure children develop fundamental movement skills. PLAY has various tools including one for coaches, one for parents and one for kids so they can figure out their own strengths and weaknesses (read some key points from the [parent's booklet](#).) The PLAY tools are directed at children aged 7 and up and determine gaps in PL development and provide calls-to-action to help improve those areas. *PLAYfun* is an objective assessment of

competence, confidence and comprehension of 18 key skills and tasks; *PLAYcoach* is a coach/PE teacher/physiotherapist assessment of a child's PL and ability; *PLAYparent* is a parental assessment of their child's level of PL and ability; *PLAYself* is a self-evaluation used by the child to determine their perception of their PL and ability and *PLAYbasic* is a short form of *PLAYfun*. Each tool has a workbook, form, scoresheet, tracking sheet and calls-to-action. The website also has videos that describe the PLAY tools and how to use them, as well as videos on all 18 tasks from the *PLAYfun* tool.

Can your child throw a ball? Play hopscotch? Jump rope or turn a somersault?



Passport for Life - developed by Physical & Health Education Canada, Passport for Life supports the awareness, assessment, development and advancement of PL among students and teachers. It assesses 4 components of PL—active participation, living skills, fitness skills and movement skills. Students complete online questionnaires for the active participation and living skills assessments and PE teachers administer fitness and movement



Balance is one of the key fundamental movement skills

tasks in order to assess those components.

CAPL—The Canadian Assessment of PL was developed by the Healthy Active Living and Obesity Research Group and is unique in that it can assess the multiple aspects of PL: daily behavior, motivation & confidence, knowledge & understanding, and physical competence.

Active for Life's **PL checklists** are simple to use and help parents target the basic skills that children should be mastering at each age, with suggestions on how to get started. The checklists are not exhaustive and the creators urge parents to keep in mind that children develop at different rates and not to panic if your child does not display some of these skills. If this is the case, it will let you know which skills to work on with your child (or get them into activity programs where they can begin to develop these skills). There are 4 different checklists for ages 0-2, 2-4, 4-6 and 6-9.

Check out one of the assessment tools today!

Embrace our winter weather!

With winter here, outdoor activities with layers of clothing can become more challenging. But the snow and ice could also be considered a great way to improve physical literacy! Being Manitobans with the weather we get, it is important for us to be comfortable walking and moving on unstable ground. Take advantage of what nature provides us and try out this winter obstacle course from the December Activity Calendar!

All you need is snow, a sled and a shovel to work on skills such as: strength, coordination, motor control, sensory integration, proprioception, endurance, balance, visual motor integration and grasp... all while having fun! Click the link below to get some ideas of what to add to your obstacle course:

[Snowy Obstacle Course](#)

A message from Assiniboine North Parent Child Coalition...

The Parent Child Connection is one of the 26 parent child coalitions in the province that are funded by Healthy Child Manitoba. One of the pillars of our coalition is nutrition & physical health and we support this through the grants we provide for programs/activities that promote good nutrition and healthy lifestyles.

Physical activity in the early years supports resiliency and brain development. During the first few years of life the brain connections are made for life and the more connections around moving and physical activity means the easier it will be for your child to have success and be healthier!

We all assume kids get enough physical activity as by nature they are always moving, jumping and playing. Studies are now showing children are not getting enough and are connected to childhood obesity.

Setting up lots of physical activity in the early years sets the foundation for life long activity!

Programs we support for physical literacy are Shake, Rattle and Roll and Bounce & Wiggle.

Check us out on Facebook:

<https://www.facebook.com/The-Parent-Child-Connection-Assiniboine-North-Parent-Child-Coalition-704908056276805/>

Or our web-site is:

<http://www.anpccfamilies.ca/>

To find out about the parent child coalition in your area, visit:

<http://www.mbparentchild.com/>



Snowy Obstacle Course for Kids!



Developmental stages of physical activity:

The 0-to-5-years age range includes three developmental periods, each characterized by different physical activity patterns...

Infant (0 to 12 months)

- First 6 months: Reaches and grasps objects, turns the head toward a stimulus, moves arms and legs
- Second 6 months: Learns of rudimentary movement skills

Toddler (1 to 3 years)

- Around 1 year of age: Starts walking, increasing opportunity for exploration and learning
- 2 to 3 years: Develops locomotor skills such as running, jumping and hopping. Emergence of manipulative skills (skills that involve their hands-- fine motor skills, like squeezing, grasping, pinching, etc.)

Preschooler (3-5 years)

- Further development of balance, locomotor and manipulative skills

[Centre of Excellence for Early Childhood Development](#)

December 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Cosmic kids yoga	2 Float the pond	3 Follow the leader
4 Bunny hopping	5 Paper plate ice skating	6 Homemade beanbag toss	7 Gallop horse	8 Crab walk	9 Bucket toss golf	10 Indoor bowling
11 Gingerbread men number hop	12 Lid Frisbee toss	13 Tissue dance	14 Simon says	15 Snowman slam	16 Jingle bell obstacle course	17 Go ice skating
18 Chinese jump rope	19 Toilet paper knockdown	20 Jingle bell streamers	21 Newspaper snowball fight	22 Frosty toss	23 Jingle bell stick	24 Holiday gross motor bingo
25 Christmas music workout	26 Alphabet movement cards	27 Winter walking bingo	28 Snow golf	29 Snowy obstacle course	30 Practice your pitch	31 Glow stick treasure hunt

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Cosmic kids yoga	2 Rock paper scissor run	3 Frisbee knockdown
4 Screaming eagle	5 Light saber wars	6 Homemade beanbag toss	7 Stand apart, stand off	8 Knee tag	9 Bucket toss golf	10 Indoor bowling
11 Keep it moving game	12 Lid frisbee toss	13 Tissue dance	14 Simon says	15 Snowman slam	16 Jingle bell obstacle course	17 Go ice skating
18 Chinese jump rope	19 Toilet paper knockdown	20 Get the kids moving game	21 Newspaper snowball fight	22 Frosty toss	23 Jingle bell toss	24 Holiday gross motor bingo
25 Snow hurdles	26 Hoop it up	27 Winter walking bingo	28 Snow golf	29 Snowy obstacle course	30 Practice your pitch	31 Glow stick treasure hunt