

Westman Physical Literacy

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.

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

Contact us:

Prairie Mountain Health
Health Promotion
Brandon 578-2194
South 523-3224

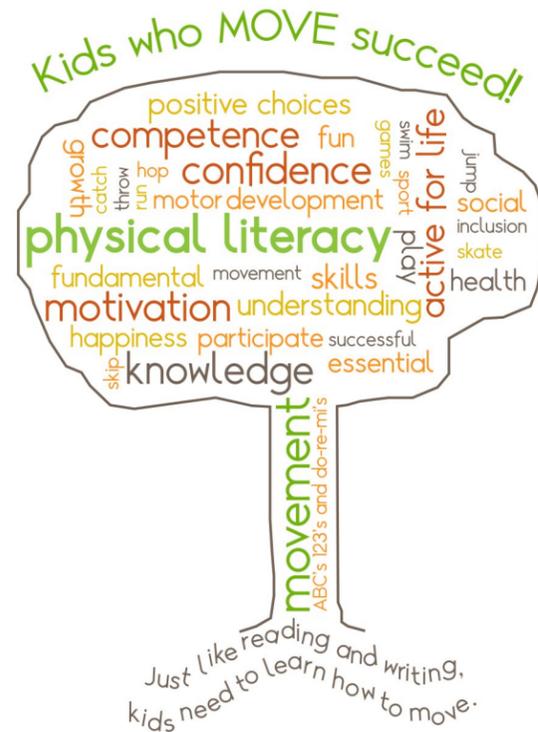


Additional Resources

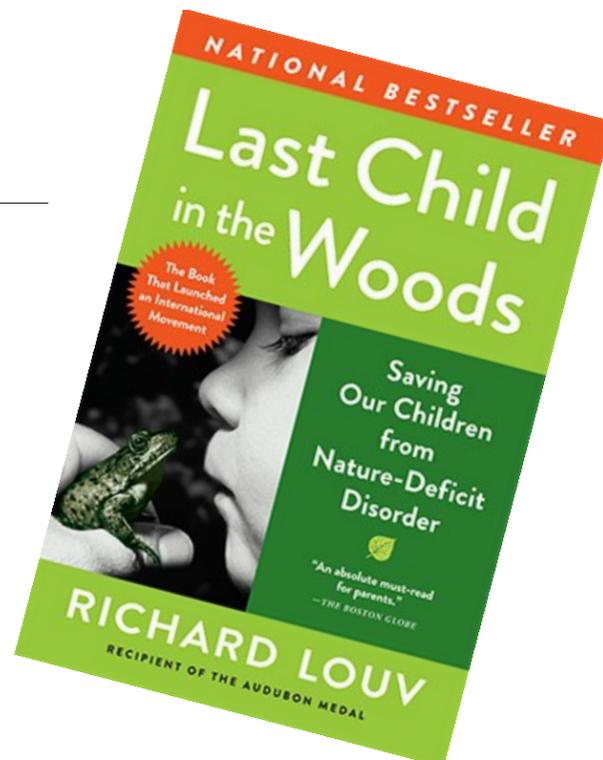
Check out this National Bestseller book "[Last Child in the Woods](#)" by Richard Louv on the topic of "Saving our children from nature-deficit disorder."

Nature deficit disorder, a phrase coined by Louv, meaning that human beings, especially children, are spending less time outdoors resulting in a wide range of behavioral problems.

Online supplement to the book lists nature activities for kids and families, good books for kids and families and helpful links.



Check out our Spring activity calendar for May 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

Helping kids learn to MOVE!

Celebrate Screen-Free Week!

May 2017
Volume 2, Issue 1



On May 1-7, children, families whole schools and communities will rediscover the joys of life beyond the screen. Plan to unplug from digital entertainment and spend all that free time playing, daydreaming, creating, exploring and connecting with family and friends! One great way to unplug is reading books! Screen Free Week is also Children's Book Week! *except for work and school assignments

talk about the day without distraction from TV, smartphones, and other screens.

Screen-Free Week (SFW) began in 1994, before many even agreed that it was a problem. It was formerly known as "TV Turnoff" and has continued to gain awareness in more recent years with the prevalence of screens in our everyday lives.

Here are 7 Parent-Tested Tips to Unplug and Play from [Campaign for a Commercial-Free Child](#):

4. Encourage sensory play—provide easy play options, like sensory play—which gives children the chance to explore using their sight, touch, and other senses—to engage kids while you get things done around the house.
5. Explore the outdoors—Make memories by planning outdoor activities that the whole family can enjoy together.
6. Create activity kits—Make activity kits using supplies you already have to keep children busy during transitions (the time between one activity and the next) and other tricky times of the day.
7. Limit your own screen-time—take a break from your smartphone and other screens during periods of the day to give your child your uninterrupted attention.



1. Re-arrange your furniture—Turn your living room into a place for family interaction and play by arranging the furniture so the TV is not the focus of the room.
2. Start the day screen-free—Create a morning routine that doesn't involve screens.
3. Enjoy screen-free meals—Make meals a time for your family to

"I saw my 9-year-old daughter laying on the floor, just day dreaming. I immediately thought, 'Oh no, she is bored, maybe she could...' then I stopped myself and just let her lay there. She wasn't bored, just deep in thought. We don't always have to be doing something!"

—Kim G., Ivins, UT

These are only a few ideas, ParticipACTION has more [here](#) or be creative and do what works best for your family!

Check out www.screenfree.org for more information about SFW, why it is important, how to get involved and celebrate! There are some great tools you could use at home or with the kids you work with.

18 ways to get kids to go outside!

With spring weather here, we're all coming out of hibernation and excited about the prospect of summer. To celebrate getting through another winter with layers of warm clothing, wet boots and runny noses, we would like to share with you some ways to get out and enjoy our Manitoba spring with your kids!

Check out Active for Life's article on [18 ways to get kids to go outside](#):

1. Tell them it's okay to get wet, dirty and messy
2. Organize an outdoor play day. Take your kids and a few of their friends to a park, creek, or lake. Watch them cooperate and interact with each other and the natural environment.
3. Allow your kids to incorporate natural resources into play equipment. Examples might include tree stumps for jumping off, boulders to climb and sit on, logs to practice balancing or climbing...and plants, sand, gravel and wood for jumping over, walking through, and throwing. Nature encourages imaginative play and physical exploration. Nature play is often freely chosen, spontaneous, and unstructured.
4. Set a timer for a maximum amount of screen time. Have your kids spend less time watching TV or using the computer.
5. Tell your children to go outside in the backyard and play. Give them balls, sidewalk chalk, buckets, and let them get creative. If you're nervous about it, check on them in 10



minutes or, better yet, get out there with them.

6. Plant a garden or flowers with your child.
7. Explore nature with your children far from your home. Include outside time in nature on your next holiday (visit interesting geographical areas like the ocean, mountains or desert).
8. Give your children rope and an old sheet and help them to build a fort in your yard, or with friends at a neighbour's, or at a park or the beach. Suggest they use driftwood or sticks, too.
9. Park a few minutes from school and walk with your child. Point out the colours of the natural world around you and watch them play with sticks, rocks, and leaves along the way.
10. Go for regular walks, runs, or bike rides in natural settings as a family. Many urban communities have trails and bike paths through parks, riverways, or lakefronts. Keep a few [kid-friendly trail games](#) in your back pocket.
11. Have a picnic dinner at a playground or park.
12. Gradually increase the level of [independence](#) your child has outdoors. Start with going up and down the street, to around the block, and progress to the nearby playground.
13. Organize a play group that meets after school for snack and

playtime. Meet other kids and parents at a field near your child's school and bring a [soccer ball](#).

14. Create an outdoor scavenger hunt where your kids collect items from nature (or try this [nature ninja scavenger hunt](#) for a twist).
15. Give your children a jar and have them catch bugs.
16. Make mud pies at the beach or in a sandbox.
17. Go [geocaching](#).
18. Each weekend explore new areas of your town or city as a family. Make it your mission to visit as many different parks and playgrounds and find your favorites.



Many kids are living without Vitamin N ("N" standing for nature) and suffering from [Nature Deficit Disorder](#).

Outdoor, unstructured play is a key part to our children's wellbeing (spending time away from those screens!) and being allowed the time and opportunities to be creative with their own activities and explore what their bodies can do. Providing children the time to simply "play outside" is an easy way for them to develop their fundamental movement skills in different environments.

Join in the movement!

If you haven't heard, Canada has started a movement... to get moving! ParticipACTION with the help of Canadians have created a list of 150 activities that are most Canadian to celebrate our nation's 150th birthday. Check out the [website](#) for a list of the activities, sign up if you haven't already and start moving. You can log the activities you participate in and be entered to win some great prizes. Are you up for the challenge?! Be Canadian and join the movement!



ParticipACTION has shared 5 Key Physical Literacy messages

Here's #1, check out their [website](#) for the others!

KEY MESSAGES

1 Physical literacy is defined as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

- Fundamental movement skills (running, jumping, throwing, etc.) together with the ABCs of physical literacy (agility, balance, coordination, and speed) are the building blocks of physical literacy.
- Children and youth develop these building blocks gradually through a variety of structured and unstructured activities in different environments (water, land, air, snow, and ice).
- Adults who did not develop these building blocks in childhood can still develop physical literacy by pursuing a variety of physical activities.

Physical Literacy Training coming to Westman!

Join us in Hartney or Brandon for a 1-day workshop on learning more about physical literacy, why it's important and how to incorporate it into your work or develop a new program for your community! Participants will receive a PL starter kit to take back to their organization or community and be provided with resources from Fit Kids Healthy Kids to set our kids up for success.

Mark your calendars, we look forward to seeing you there!



PHYSICAL LITERACY TRAINING

Tuesday, June 6 Brandon (Nurse's Residence, Brandon Regional Health Center)

OR

Wednesday, June 7 Hartney (Centennial Center)

Time: 9am—4pm

Kids who move succeed! Take this training to learn how to integrate physical literacy into your community and support your children to learn fundamental movement skills.

Cost: \$25.00 (lunch will be provided)

To register or for more information, please contact:

Charlene Dysart
Indigenous and Municipal Relations
Charlene.Dysart@gov.mb.ca
1-800-259-6592



Westman Physical Literacy

SAVE THE DATE

Who should attend:

- Parents
- Community leaders
- Summer students
- Early Childhood Educators
- Anyone who works with or wants to work with kids!

Westman Physical
Literacy Activity Calendar
Ages 2-6

May 2017



WESTMAN PHYSICAL LITERACY
Helping kids learn to MOVE!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Spring movement game	2 Tin can bowling	3 Rainbow dancing rings	4 Hula hoop tunnel (do it outside!)	5 Sidewalk chalk jumping maze	6 Ball games
7 Silly races	8 Animal tag	9 Sensory motor scavenger hunt	10 Race to 100	11 Jump rope games	12 Stairball	13 Stomp and catch
14 Reach for the stars	15 Hula hoop tire run	16 Letter sound freeze dance	17 Find a plate game	18 Move like a bug	19 Frisbee golf	20 Garden yoga
21 Old-fashioned outdoor games	22 Don't jiggle the spiders!	23 Hula hoop games	24 Crossing the midline	25 Tin can toss	26 Get kids moving and grooving	27 Play outside!
28 Puddle jumping	29 Balance poses	30 Long jump (do outside with chalk!)	31 DIY balance boards			

Directors of Westman Child Care



The Parent-Child Connection



Westman Physical
Literacy Activity Calendar
Ages 7-12

May 2017



WESTMAN PHYSICAL LITERACY
Helping kids learn to MOVE!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Play catch with a frisbee	2 Tin can bowling	3 Ball kickdown	4 Mudball bullseye	5 Sidewalk chalk jumping maze	6 Ball games
7 Silly races	8 Skip stones	9 Pogoball	10 Race to 100	11 Jump rope games	12 Stairball	13 Stomp and catch
14 DIY balance boards	15 Hula hoop tire run	16 Long jump (do outside with chalk!)	17 Find a plate game	18 Soccer bowling	19 Frisbee golf	20 Potato drop
21 Old-fashioned outdoor games	22 Don't jiggle the spiders!	23 Hula hoop games	24 Crossing the midline	25 Tin can toss	26 Get kids moving and grooving	27 Neighbourhood Olympics
28 Flying disc games	29 Cotton ball crawl	30 Pool noodle balloon tennis	31 Driveway bike riding			

Directors of Westman Child Care

