

Westman PL Program Highlights

There are some great physical literacy programs and activities happening in Westman communities! Here are two to recognize but we know there are many more. Share your stories, pictures and programs with us and we would love to highlight your community too!

Killarney Kiddie Corner Early Learning Centre

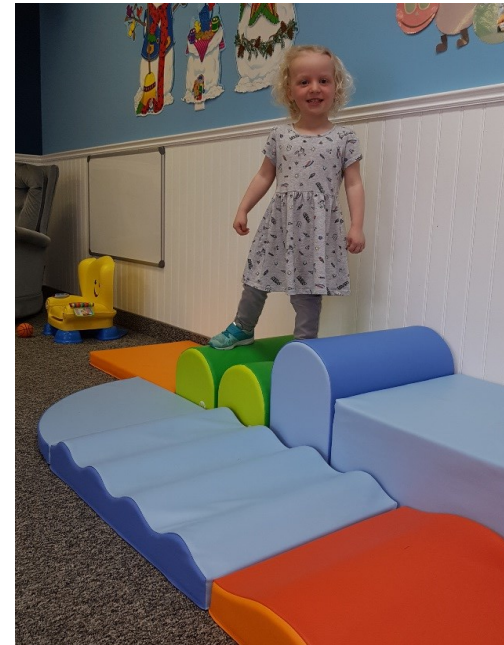
Submitted by Nicole Fleming, Director

The staff tease that they don't need to have a gym membership because working with 8 infants, 32 preschool and 15 school age children is a daily workout!! The energy, enthusiasm, and physical activity all the children desire is always present. It keeps the staff moving and exploring with them, inside and outside.

The kids have at least an hour each morning and in the afternoon to play outside. Whether it is building snow forts, splashing in water or digging for treasure in the sand box, the children are always ready to explore. When it is too cold outside for climbing, we have mats inside they can explore on.

We are very fortunate to have a huge outdoor playground. The staff assist the children with climbing, running, riding bikes and playing tag (just to mention a few).

Two of the staff have taken the Fit Kids Healthy Kids physical literacy leader training which has helped to bring new activity ideas and knowledge to the centre. Health Promotion Coordinators have also been to the centre a few times to continue our learning!



Indoor mats at Killarney Kiddie Korner that are fun for the kids to play and climb on indoors.

Neepawa EAL Rhyme Time

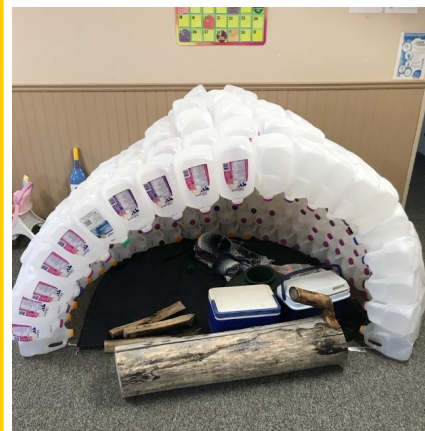
Submitted by Sheila Bremner, Facilitator

EAL Rhyme Time is currently running at Neepawa Settlement Services, it's a six week program and we have approx. 20 families registered.

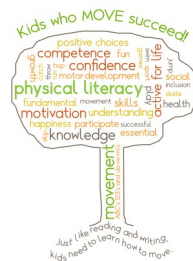
We like to practice spatial awareness and concepts such as beside, over, under etc. We were practicing being under the colored spot and trying to balance it on our backs. I have added a physical literacy component to our Rhyme Times over the years to help young children focus when we are learning songs, rhymes, finger plays etc.

Depending on the crowd we usually have 15 to 20 minutes of rhymes, action songs and finger plays. Then we will have a couple of movement games. Often acting out a Rhyme we are working on. "Round and round the garden". The children pretend they are teddy bears and we say the verse, changing how the bears walk each time. We have a craft as well and a short puppet story before reviewing the new verses for the week. The children get a kick out of teaching me Tagalog!

I have a physical literacy component to my seniors and toddlers Rhyme Time at Country Meadows as well. These have just evolved over the years to accommodate the natural interaction between learning and children's energy!



Milk jug igloo created by the kids and staff at Killarney Kiddie Korner



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WESTMAN PHYSICAL LITERACY

Helping kids learn to MOVE!

healthy
TOGETHER NOW

Volume 3, Issue 2
May 2018

Join OUR Spring Challenge



Here's how it works!

1. Download the spring challenge passport and check off the activities with your family & friends
2. Try out even more activities from the activity calendars
3. Win 1 of 2 awesome physical literacy prizes! Get your name entered by:

[Facebook](#)—like and share our facebook post about the challenge

OR

Twitter—post a picture of you doing one of the activities, use the hashtag #WPLspringchallenge

Don't forget to tell all your friends! And get them to like the [Facebook page](#) and subscribe to our [E-Newsletter and Activity Calendars](#) too!

Have fun! We can't wait to see Westman being active this spring!



#WPLspringchallenge



Have you checked out our website yet?!

www.move2healthychoices.ca

It has a ton of great information, including all of our past E-News and Activity Calendar publications so you can look back and find new activities to try with the kids in your life!

There is also a video clip to explain more about the Westman Physical Literacy Committee and some links to other great downloadable physical literacy [resources](#).

www.move2healthychoices.ca



 Westman Physical Literacy

Westman Physical
Literacy Activity Calendar
Ages 2-6

May 2018



WESTMAN PHYSICAL LITERACY
Helping kids learn to MOVE!

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|--|--|
| | | 1 Mirror, Mirror | 2 Jumping jacks | 3 Strike a pose | 4 Spring pattern memory | 5 Exercise eggs (make it PL eggs by using fundamental movement skills) |
| 6 Baby bumblebee | 7 Obstacle course ideas | 8 Balloon tennis | 9 Galloping horse | 10 Gross motor bingo | 11 Backyard balancing | 12 Tape shape fun |
| 13 Balloon soccer | 14 Rainy day activities | 15 Play tag | 16 Chalk shapes jumping game | 17 Snakey snakey | 18 Crab walk challenge | 19 Nature ninjas |
| 20 Conquer a somersault | 21 Jumping | 22 Hand clapping games | 23 Balance poses | 24 Basic striking | 25 Jump rope | 26 Bowling milk cartons |
| 27 Skip to my lou | 28 Golf games | 29 Kick the cup | 30 Playground scavenger hunt | 31 Underhand catch | | |

Westman Child Care Directors



The Parent-Child Connection



May 2018



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|--|--|
| | | 1 Spinning nerf targets | 2 Hula hoop games | 3 Baseball throwing | 4 Basketball dribble | 5 Games to play in the dark |
| 6 Golf toss | 7 Obstacle course ideas | 8 Balloon tennis | 9 Whacky relay | 10 Target throwing | 11 Bowling milk cartons | 12 Tennis ball bounce catch |
| 13 Laser maze | 14 Beach ball handball | 15 Play tag | 16 Bucket toss golf | 17 Balloon tennis | 18 Dodgeball | 19 Nature ninjas |
| 20 Baseball batting | 21 Shoot a basketball | 22 Go plogging | 23 Monkey bar challenge | 24 More tag games | 25 Jump rope | 26 Conquer a cartwheel |
| 27 Classic backyard games | 28 Golf games | 29 Soccer dribbling | 30 Playground scavenger hunt | 31 Make juggling balls and learn to juggle | | |