

THE ACTIVE CHILD PROGRAM 2021

Fundamental Movements

MIRANDA

PRE-KINDERGARTEN

303 Port Hacking Rd, Miranda
2228



Our Approach

Physical activity is extremely important for children from birth to 5 years. Being active and learning fundamental movement skills is great for strengthening muscles, social skills, language and brain development. Physical activity can be taught through an abundance of experiences in early childhood, one of these being sport. Sport has a large variety of skills that can be taught to young children as well as it being lots of fun. Our service has a designated Sports Program run by Markey Sports, who come to the service weekly to allow the children to engage in their extra-curricular sports program. As an extension of this program our educators also extend upon these fundamental movement skills daily as part of their Munch and Move time.

Our 'The Active Child' Program Objectives

- Develop team work, self-confidence & social interaction
- Stimulate the desire to participate in sport
- Focus on a number of fundamental movement skills such as hopping, running, skipping, balancing, galloping, sliding and leaping
- Introduce the key elements of a variety of sports including: Soccer, Basketball, Rugby, T-Ball, Cricket, Hockey, Aussie Rules, Tennis, Athletics, Gymnastics and Netball
- Improve the physical skills of each child

Physical Activity Recommendations

For healthy growth and development in:

- Infants (Birth to 1 year) physical activity particularly through supervised interactive floor-based play in safe environments should be encouraged from birth. For those not yet mobile, 30 minutes of tummy time including reaching and grasping, pushing and pulling, and crawling spread throughout the day during awake periods is encouraged.
- Toddlers (1 to 2 years) should spend at least 180 minutes a day doing a variety of physical activities including energetic play such as running, jumping and twirling spread throughout the day- noting more is better.
- Preschoolers (3 to 5 years) should spend at least 180 minutes a day in a variety of physical activities, of which 60 minutes is energetic play such as running, jumping, kicking and throwing, spread throughout the day - noting more is better.

The Department of Health| <http://www.health.gov.au>

National Quality Standard 2.1: Health

Each child's health and physical activity is supported and promoted

The Benefits of Physical Activities for Children

Some of the many benefits of sport participation for children include:

- Reduced risk of obesity
- Increased cardiovascular fitness
- Healthy growth of bones, muscles, ligaments and tendons
- Improved coordination and balance
- A greater ability to physically relax and, therefore, avoid the complications of chronic muscular tension (such as headache or back ache)
- Improved sleep
- Mental health benefits, such as greater confidence
- Improved social skills
- Improved personal skills, including cooperation and leadership



Reducing inactivity may be more effective in achieving overall increases in energy levels in young children than putting the emphasis on increasing involvement in sporting activities. Taking steps to reduce children's sedentary time is important.

BALL SKILLS

Catching | Overarm Throwing | Underarm Rolling | Bouncing | Kicking | Dribbling

Catching is a receptive manipulative skill that children start developing by catching a large soft ball by extending their arms. This skill then develops into children being able to catch smaller balls in their hands around the age of 5 years old. Sport equipment that can be used to enhance catching skills include: netball, football, soft basketball, tennis ball, waffle ball, bean bag, and large bouncy ball.

Overarm Throwing is a manipulative skill that requires applying a pushing force to an object to propel it. Children usually start by throwing underarm and around the age of 3 are able to throw the ball underarm with force. Sport equipment that can be used to enhance overarm throwing skills include: tennis ball, netball, bouncy ball, waffle ball, bean bag.

Underarm Rolling is a manipulative skill that involves applying a pushing force to an object to propel it along the ground. Children pick this skill up at a young age and are able to underarm roll a ball with more strength as their fine motor skills enhance. Sport equipment that can be used to enhance underarm rolling skills include: netball, tennis ball, kids bowling ball, waffle ball and bouncy ball.

Kicking is a manipulative skill that involves applying a pushing force to an object to propel it. Children usually develop the skill of kicking a stationary ball around the age of 3 as they strengthen their gross motor skills strength and direction of the kick enhances. Sport equipment that can be used to enhance kicking skills include: soccer ball, football and large bouncy ball.

Bouncing (dribbling) is a skill that requires a lot of coordination. Bouncing a ball is achieved from a pushing down force repeatedly being applied to the ball as it comes up. This skill can be quite tricky for children under the age of 5 and requires a lot of balance and concentration. Sport equipment that can be used to enhance bouncing skills include: basketball, bouncy ball and tennis ball.

Dribbling (soccer) is a skill that requires a player to use a series of taps on the ball when running to keep the ball close to the body and in control. This can take some time for a young child to pick up however can be slowed down to make the task easier. Sport equipment that can be used to enhance underarm rolling skills include: soccer ball, large bouncy ball, tennis ball, waffle ball.



LOCOMOTOR SKILLS

Running | Gymnastics | Dancing | Yoga | Jumping | Hopping | Galloping

Running is a rapid movement that involves transferring weight from one foot to the other with a brief loss of contact with the ground by both feet. Speed and running style enhances with a child's age and they strengthen their gross motor skills and improve upon balance and coordination. As these skills develop a child will learn how to run around obstacles and skillfully navigate sharp turns, stopping and starting. Running skills can be developed through all sports and exercise, this can start as a warm up and be included in skill-based training.

Jumping is the action of pushing off with both feet and landing with both feet. Children can start by jumping off the ground and increasing this to jumping off low objects. As children enhance their coordination skills they can jump from stationary positions and travel forward approximately 80cm by the time they are 5. Jumping skills can be developed through all sports, mini trampolines, stepping stones and other outdoor equipment with a safe landing area.

Hopping requires the ability to balance on one leg and then generate enough force in the stance leg to hop, clear the ground and land without putting the other leg down or falling over. Children around the age of 3 learn to hop on their preferred leg as their muscles get stronger, they learn to hop multiple times on the same leg before starting to hop on their other leg. After this skill is achieved children will learn how to hop forwards along a line.

Galloping is stepping off one foot the sliding with the other foot in a forward direction. Weight is transferred from the front foot to the back foot with a small lift, before the front foot takes the next step. Children start to develop a basic gallop with their preferred leg forward. As they develop their gross motor skills, hand eye coordination skills and sense of balance they start to learn how to gallop with alternate legs creating a rhythmic pattern. Children lead on from galloping to skipping.

Gymnastics/Dancing/Yoga are all sports that require balance, strong gross motor skills, coordination rhythm, concentration and core strength. Gymnastics, dancing and yoga can help increase body awareness, building the deep flexibility and support the strength required to practice any form of rhythmical movement. These forms of sports can be extremely beneficial in developing skills to play a large variety of other sports and therefore are recommended for children in early childhood.



**“Physical activity is vital for a child’s development and lays the foundation for a healthy and active life”
NSW Department of Education, Office of Sport and the Heart Foundation.**