



Active Living Video

Physical Activity: Get Active with your Kids

Parenting Session
Teaching Resource

Lesson Plans
and
Materials and Resources

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Introduction

Ensuring a young child's health, safety and nutrition are many of the challenges faced by parents.

All children need opportunities to be active every day. With tight budgets and busy lives, it can be difficult for parents to incorporate activity into their daily routine. Immigrant families may also be adjusting to different family dynamics which hinders how they view and approach physical activity.

The following resource package is designed to support new immigrant families with young children understand the important role of physical activity in young children's lives.

This resource package contains lesson plans and materials to promote physical activity. They have been created to assist Early Childhood Educators to provide parenting sessions for Enhanced Childcare programs within ELSA.

This resource is related to the Active Living DVD developed for ELSA classrooms. It is available for download on the ELSA Net website: www.elsanet.org.

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Parenting Session Lesson Plan: Physical Activity

Introduction

The purpose of this one hour parenting session is to build awareness about the importance of physical activity for young children.

Physical Activity is fun and can be done at home, at school, at play, inside/outside, or with family/friends. Parents can foster physical activity by being a good role model, playing with their children, and building activity into the day.

In this one hour session, Early Childhood Educators will demonstrate ways to increase the young child's physical activity through movement, using simple household items for activities, and incorporating activity by making healthy choices.

Learning Outcomes for Parents

- ✓ Learners will be able to express physical activity through movement and music.
- ✓ Learners will be able to build activity into their day.
- ✓ Learners will develop a family action plan to increase daily physical activity.
- ✓ Learners will have an understanding of the importance of physical activity in their lives.

Materials Required

- ❖ **Active Choice** cards
- ❖ **Do as I'm Doing!** cards
- ❖ Ribbons/bean bags/balloons/skipping rope/empty containers/scarves/coloured paper
- ❖ Metal rings/index cards/hole punch/glue/scissors
- ❖ **Activity Posters** – LEAP BC website
- ❖ **Activity cards**
- ❖ **Days of the Week** cards
- ❖ **A Day at the Park** posters
- ❖ **A Day at the Park** booklet sheet and instructions
- ❖ **Parent Take Home Package** – ELSA Net website

Learning Environment

In this play-based parent session a space to create a large circle time with parents and children that allows for participation is required.

It is important that Early Childhood Educators are familiar with the Canadian Physical Activity Guide for Healthy Active Living (www.paguide.com). Additional helpful information can be found from the LEAP BC "HOP" book, as well as the Act Now website (www.actnowbc.ca).

Session Overview

<i>Warm Up: Sharing circle</i>	5 minutes
<i>Making Active Choices</i>	5 minutes
<i>Action Songs</i>	8 minutes
<i>Do as I'm Doing</i>	9 minutes
<i>Activity Props</i>	12 minutes
<i>Family Action Plan</i>	9 minutes
<i>Story Time</i>	9 minutes
<i>Wrap-Up: Good-bye Song</i>	3 minutes
Session Total	60 minutes

Suggested Procedure

Warm-Up: Sharing Circle (5 minutes)

Procedure:

- Gather parents and children into a circle by singing one of the following songs: *Make a Circle* or *The More We Get Together*.
- When singing the song, inform the parents that it will be sung 3 times because repetition is important when singing songs with children.
- Tell the parents that today you're going to talk about being active. Ask "what is active?" and demonstrate some things that are active – get the parents/kids to answer Yes or No (nodding or shaking their heads to answer). Hop around and ask "Is hopping active?" – lead the answer if there is little response. Lie on the floor and pretend to sleep and ask "Is sleeping active?" – lead the answer if there is little response. Do a few different examples to establish understanding.

Learning Objective for Parents:

- ✓ To have an understanding of the focus of the session.
- ✓ To distinguish between active and non-active.

Materials/Resources:

Suggested songs to begin sharing circle:

Make a Circle Song:

Make a circle, make a circle
Make a circle like the sun,
Make a circle and we'll all have lots of fun

The More We Get Together

The more we get together, together, together
The more we get together the happier we will be.
'Cuz my friends are your friends,
And your friends are my friends,
The more we get together, the happier we will be

Activity 2: Making Active Choices (5 minutes)

Procedure:

- Give each parent/child pair a set of cards and have them work together to match alternatives.
- Go over each set of answers – have different children demonstrate the active choice.
- Explain that even small choices in the day can help to be more active. These choices help the parents be role models to their children to be active.

Learning Objective for Parents:

- ✓ To be able to build activity into their day through simple choices

Materials/Resources:**Suggestions for Active Choices:**

Instead of...

taking the elevator – take the stairs
driving to school – walk to school
watching TV – hop/skip/jump
playing a video game – play outside

Alternative Activity picture cards – found on page 13

Activity 3: Introduce Action Songs (8 minutes)**Procedure:**

- Segue into this section by telling the parents that another great way to be active with kids, is to sing “Action Songs” with them.
- Demonstrate to the circle of parents and children the following action songs using the entire body – *Jump* and *Skip Skip Skip to my Lou*. Encourage the group to join in.

Learning Objective for Parents:

- ✓ To be able to use action songs to provide their child with the opportunity to use movement.

Materials/Resources:**Suggestions for Action body movement songs:*****Jump***

Jump, jump went the little green frog one day
Jump, jump went the little green frog.
Jump, jump went the little green frog one day
And his eyes went hop, hop, hop!
Hop, hop went the little green frog one day
Hop, hop went the little green frog.
Hop, hop went the little green frog one day
And his tongue went run, run, run!
Run, run went the little green frog, one day
Run, run went the little green frog.

Run, run went the little green frog, one day
And his leg went jump, jump, jump!

Skip. Skip, Skip to my Lou

(On the spot skip and sing)

Skip, skip, skip to my Lou

Skip, skip, skip to my Lou

Skip, skip, skip to my Lou

Skip to my Lou my darling!

(Change the word **skip** to other actions **jump, hop, dance** etc.)

Activity 4: Do As I am Doing (9 minutes)

Procedure:

- The *Do as I am Doing Activity* involves the use of **Stick Figure** posters and singing of a song. The posters have stick people in different body positions. For this activity, you will need to:
 - ask the group to stand up
 - start marching on the spot and ask the group to follow
 - start singing the song
 - show the poster - allow time for children and parents to create their body position
 - continue with song - show all the posters

Learning Objective for Parents:

- ✓ To be able to use action songs to provide their child with the opportunity to use movement.
- ✓ Understand the importance of being a role model.

Materials/Resources:

Do as I am doing, follow, follow me Song

Do as I am doing follow, follow me (repeat)

Can you make your body look like this? (repeat)

Just like this

Stick Figure posters - found on pages 14-20

Activity 5: Activity Props (12 minutes)

Procedure:

- Display the activity posters around the room that display activities that utilize inexpensive props – download cards from the LEAP BC HOP resource at the following website: http://www.2010legaciesnow.com/leap_bc/ .
- Have a set of props in the centre of the circle.
- Ask each parent/child pair to choose one prop. They need to go and look at each of the posters to find the activity that uses that prop. When they find it, they need to try to do the activity on the poster. When they are done, they can leave the prop there and return to the circle. If there are more matches to make, then they can go back to the centre of the circle and choose another prop.
- When all the matches have been made, gather the group back to the circle.
- Go to each poster/prop and demonstrate the activity with the parent/child that made the match. Elicit from the group other ideas they have to use the prop in an activity – Educator can offer suggestions if needed. Do this with each of the props.

Learning Objective for Parents:

- ✓ To be able to use simple, everyday items to do activities with their children.
- ✓ To understand that being active doesn't mean having to spend lots of money.

Materials/Resources:

ribbon, bean bags, balloons, skipping rope, empty containers, coloured paper, scarves

7 Activity Posters – downloadable from http://www.2010legaciesnow.com/leap_bc/

Activity 6: Family Action Plan (9 minutes)

Procedure:

- Set up stations for each pair with a set of materials (listed below).
- Hand out a set of activity cards and day of the week cards to each group. Explain that with their child, they need to decide which activities they like and what day they want to do it.
- Each pair should glue the activity on an index card and glue a day of the week as well.
- Once it is all glued, they should assemble onto the metal ring – so they should have chosen one activity for each day of the week.
- Educator should circulate, assist and comment on how they are doing.
- If there is time, each pair can share with the others.

Learning Objective for Parents:

- ✓ To create an action plan to play actively on a daily basis.
- ✓ To incorporate activity into the family's daily schedule.

Materials/Resources:

Metal Rings (one for each parent/child pair)
7 index cards (one set each)
hole punch (could have one each or pre-punch each of the cards)
glue and scissors (one set each)

Activity Cards – on different coloured paper (one set each OR multiple sets in the middle of each table) found on pages 21-22

Days of the Week cards (one set each pre-cut) on page 22

Activity 7: Story Time (9 minutes)**Procedure:**

- Gather the group together. Read the story **A Day at the Park**. Use the posters to show each page of the story.
- Set up stations for each pair with a set of materials (listed below). When finished reading as a group, ask the parent/child pairs to go to a station.
- Work with the parents and children to create their booklet.
- Once their booklet is complete, encourage the parents to read the story to their child. Assist with any language/literacy challenges that may arise.

Learning Objective for Parents:

- ✓ To foster a habit of reading with their child.
- ✓ To model and promote an active lifestyle.

Materials/Resources:

A Day at the Park posters – found on pages 23-26

An Day at the Park booklet and directions – found on page 27-28
scissors

Wrap-Up: Good-bye Song (3 minutes)

Procedure:

- Gather everyone into the circle. Recap the major things that they learned today – *make active choices, be active every day, make a plan to be active, and play actively.*
- Give the parents their **Take Home** package. Let them know that it contains more ideas and information about being active with their children.
- Sing a Good-bye song with the group.

Learning Objective for Parents:

- ✓ To re-cap what was covered in the session.

Materials/Resources:

Take Home package for parents – downloadable from ELSA Net Website

Suggestions for Good-bye songs:

Good-bye Song (Tune of Popeye the Sailor Man)

The morning has just flown by
I bet I can tell you why
Ever since it's begun
We've had so much fun
Now it's time to say good-bye
Good-bye (clap clap)
Goodbye (clap clap)
It's time to say good-bye

Open – Shut Them

Open, shut them
Open, shut them
Give a little clap, clap, clap

Open, shut them
Open, shut them
Put them in your lap, lap, lap

Wave them, wave them
Wave them, wave them
High up in the sky, sky, sky

Wave to me, I'll wave to you
Let's all say `bye bye`

Extension Resources for Additional Parenting Sessions

Songs:

Ah Toodey Ah Too

Are you ready to Ah Toodey Ah Too?

Ok pat your knees

Again pat your knees

Say what I say, do what I do

The name of the game is Ah Toodey Ah Too!

Are you ready? Repeat after me.....

Thumbs up, Ah Toodey Ah

Ah Toodey Ah

Ah Toodey Ah Too (Chorus) (Repeat)

(Turn around in a circle {by yourself} while singing the chorus Ah Toodey Ah Too)

Are you ready?

Thumbs up, Elbows out,

(Repeat Chorus x2)

Are you ready?

Thumbs up, Elbows out, Feet apart

(Repeat Chorus x2)

Are you ready?

Thumbs up, Elbows out, Feet apart, Bottoms out

(Repeat Chorus x2)

Are you ready?

Thumbs up, Elbows out, Feet apart, Bottoms out, Chin up

(Repeat Chorus x2)

Are you ready?

Thumbs up, Elbows out, Feet apart, Bottoms out, Chin up & Tongues out!!

(Repeat Chorus x2)

Activity Games:

Go, Go, Stop Game

Set up – One player is the caller at one end of the field and the rest of the group is at the other end of the field. One player calls go, go, go, go until they say stop.

Objective is to catch one out the advancing group player. Then it's the caught players turn to call.

What time is it Mr. Wolf Game

Set up – One player (Mr. Wolf) is the caller at one end of the field and the rest of the group is at the other end of the field. The group players call "what time is it Mr. Wolf?" then Mr. Wolf replies, "it is 5 o'clock" and the children advance 5 steps. Objective is to catch one out the advancing group player. Then it's the caught players turn to call.

Books:

All books available at Westcoast Childcare resource centre.

Ducky Duck by Herts Berkhamsted

Duckie is good friends with all the other ducks, but he prefers hopping to waddling, whistling to quacking, and floating on an air mattress to swimming in the water.

Call Number: E F DUCK 2008; **ISBN:** 1-84610-762-8

Sally-Ann's Skateboard by Petronella Breinburg

"At last Sally-Ann's skateboard arrives but she promises not to use it until the swimming baths are drained for skateboarding the next day. She goes to show it to her friends, when suddenly her friend Marsha's big cousin zooms off down the street on it. Sally-Ann chases him but just can't catch up -- when all at once a car comes round the corner, just misses them and hits a pillar-box. Everyone has learned an important lesson."

Story for school-aged children about a young girl, her new skateboard and the important lesson is safety.

Call Number: E F BREI; **ISBN:** 0-370-30166-8

This is Soccer by Margaret Blackstone and John O'Brien

In soccer you lead with your feet. Dribble, pass, kick! Soccer is a game played around the world, from New York City to Katmandu. Soccer is fun, but soccer is most fun when it's played by me and you.

Call Number: E F BLAC 1999; **ISBN:** 0-439-18886-5

Ideas for working with ELSA Teachers

- Plan a trip to walk to the local park together.
- Create a game for students and children to reinforce learning of active/not active. Maybe have two areas (one for active and one for not active). Have 2 teams and one player from each team. Hold up a picture of an activity and they have to move to the correct area. If they get it correct, they earn a point for their team.
- Teachers can work with students to write the steps/directions to play a game from their country. Ask the students to teach the game to the kids.

drive to school



walk to school



take the elevator



take the stairs



watch TV



hop/skip/jump

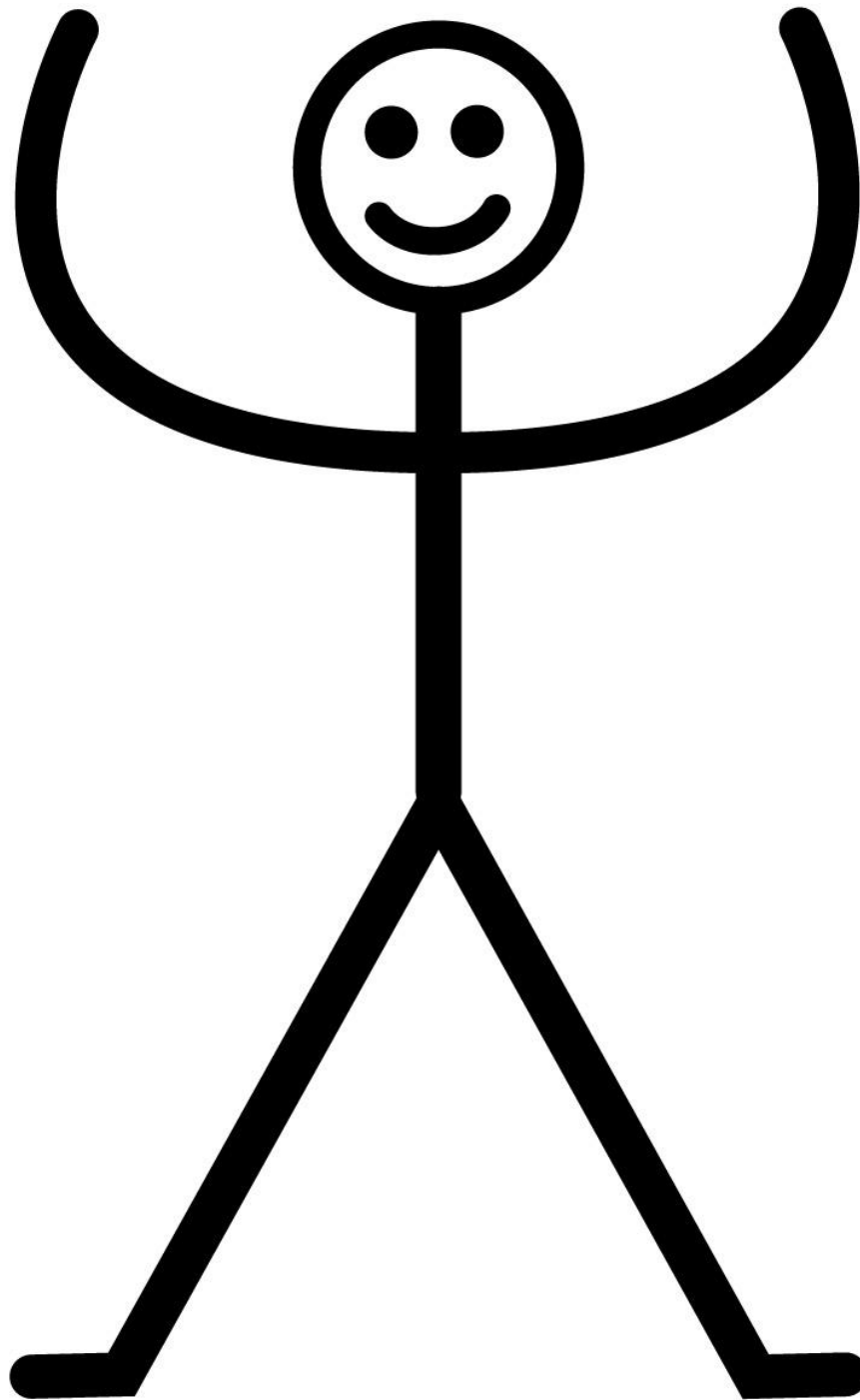


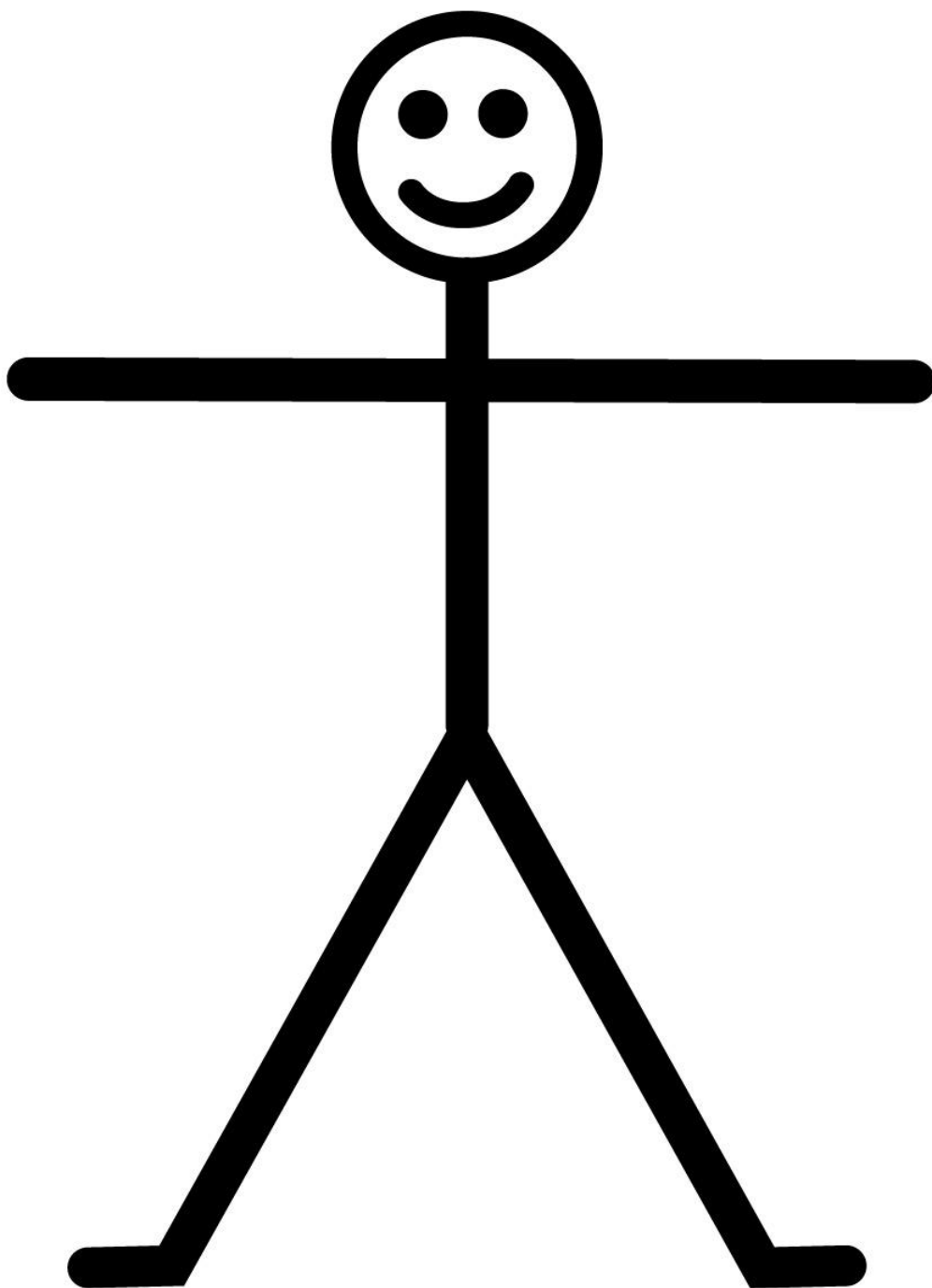
play a video game

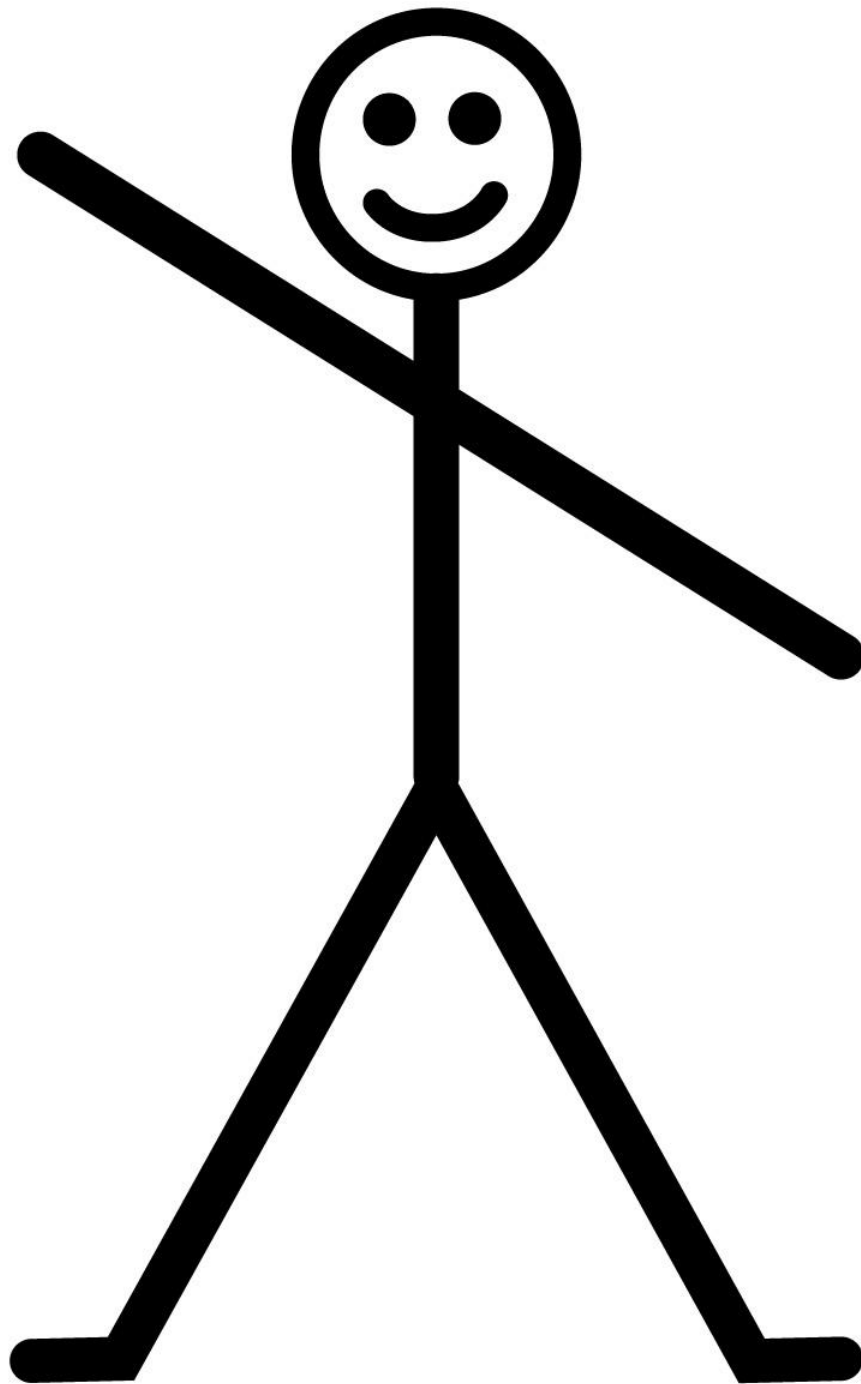


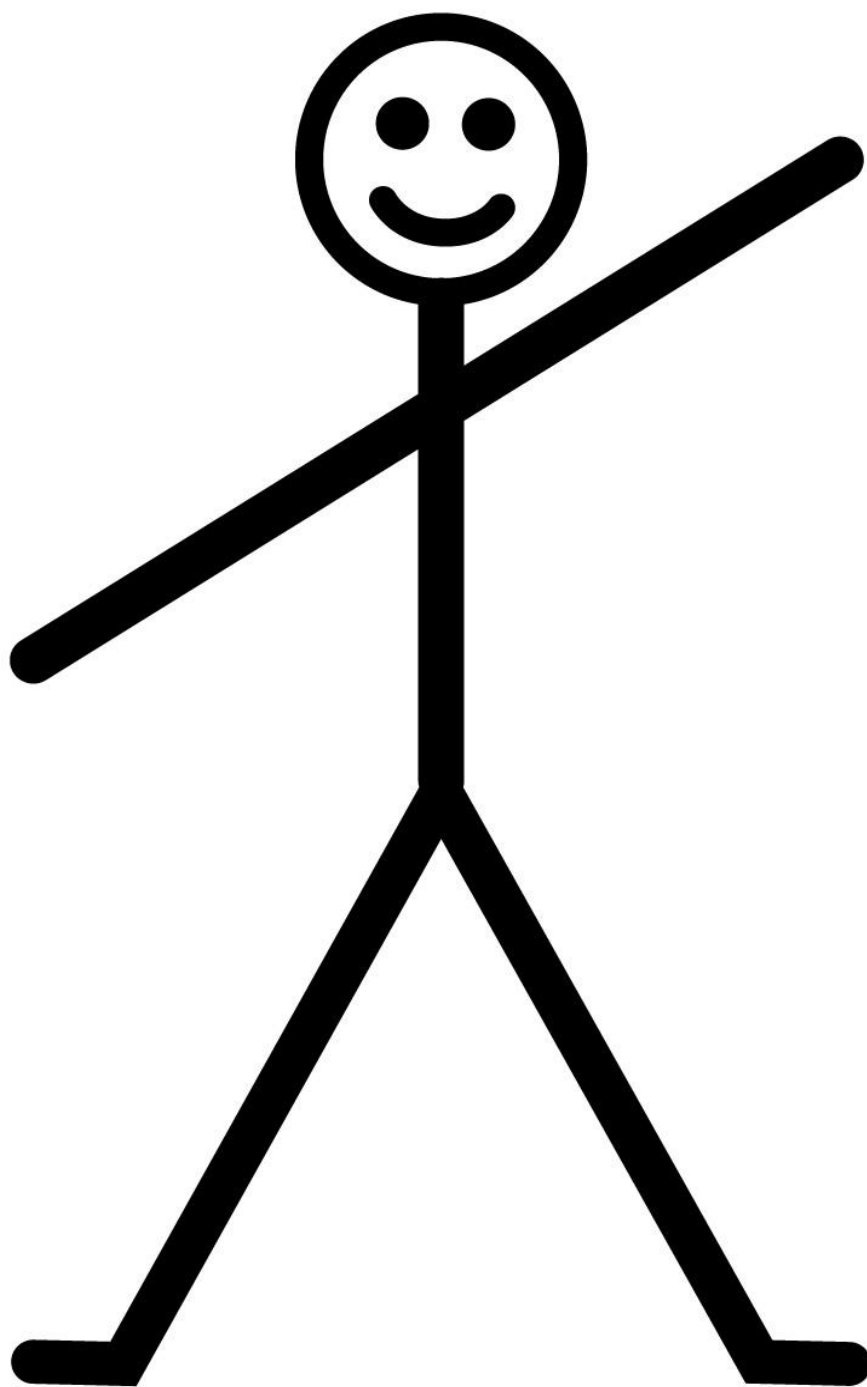
play outside

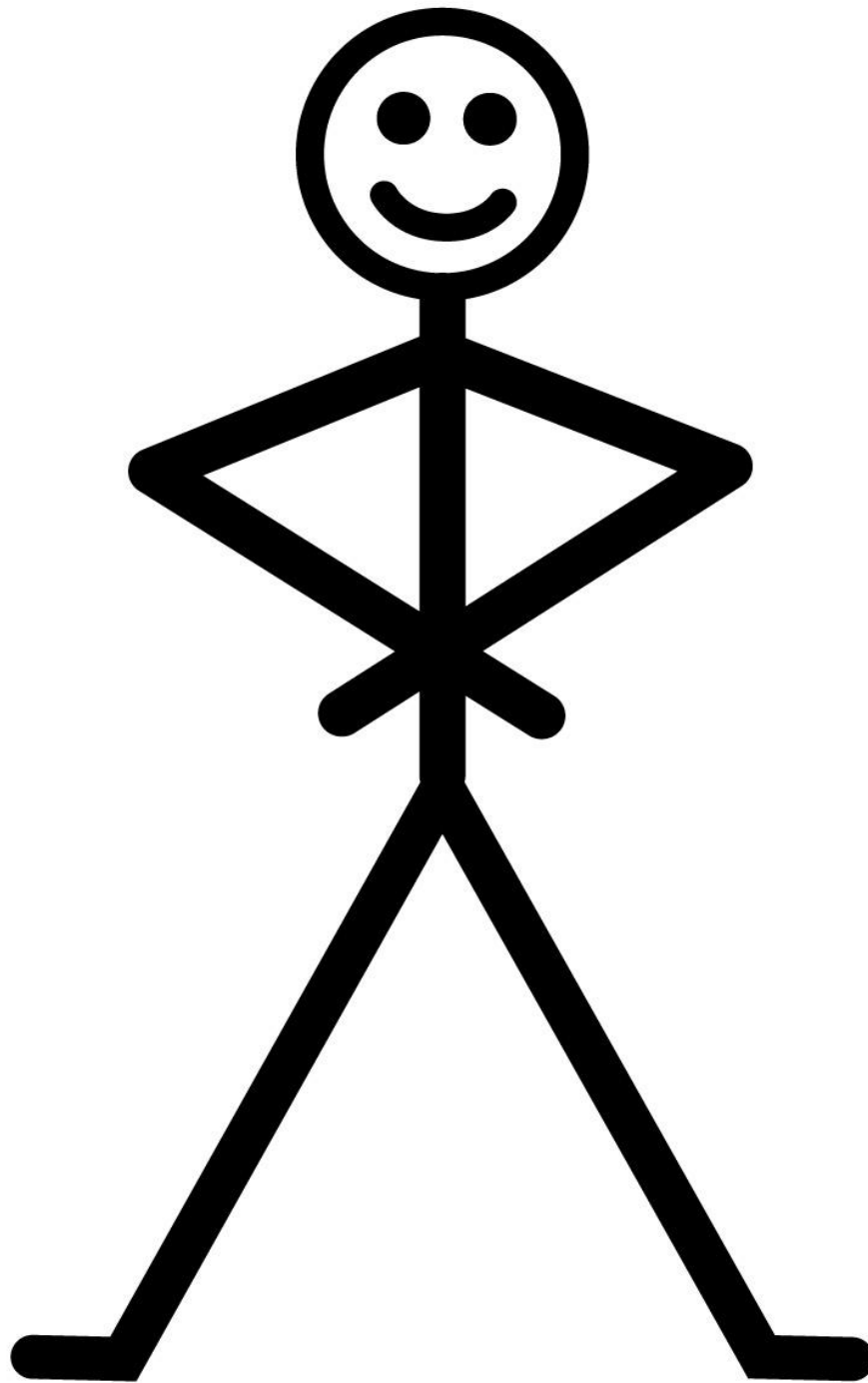


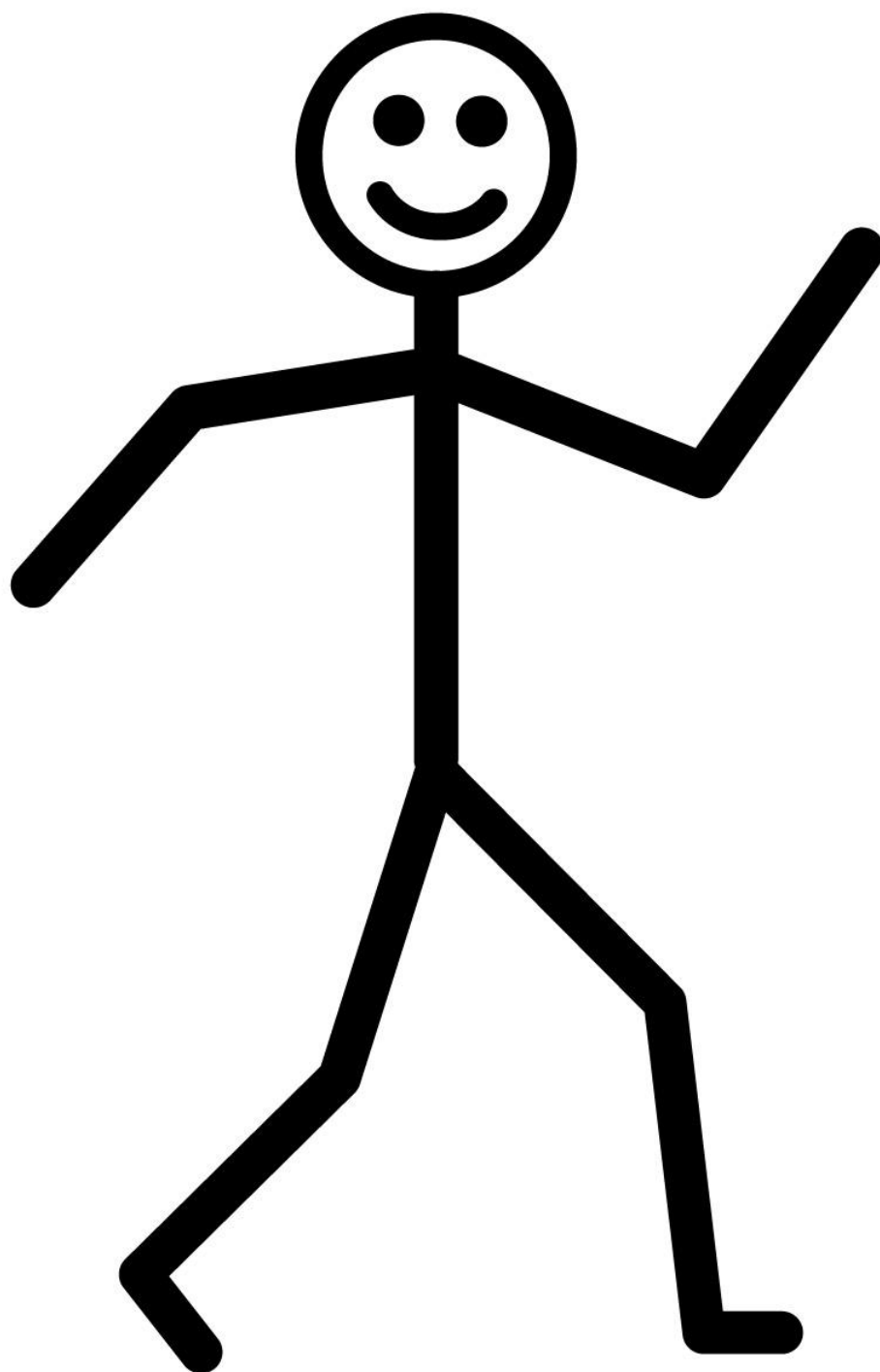


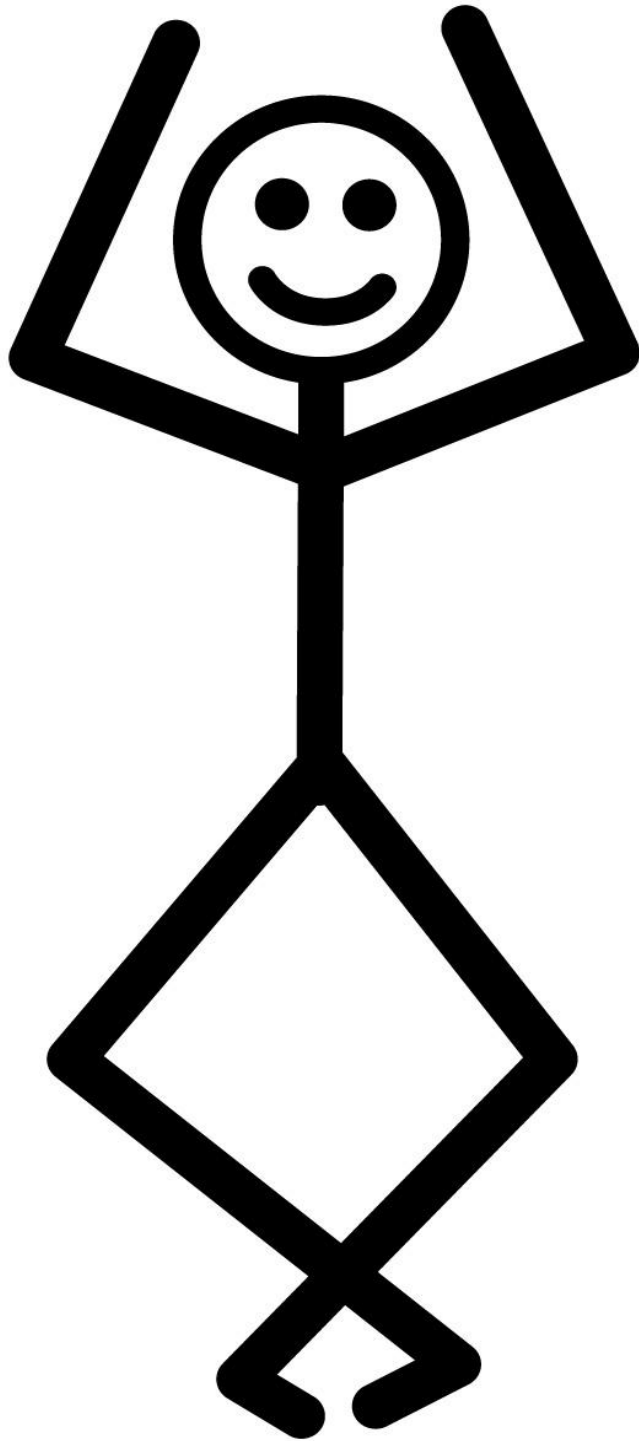














walk



run



play outside



hop/skip/jump



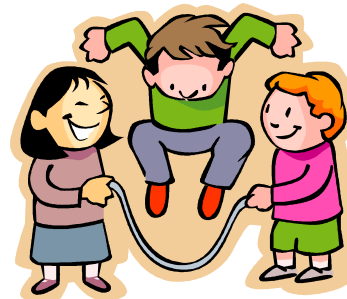
using coloured paper



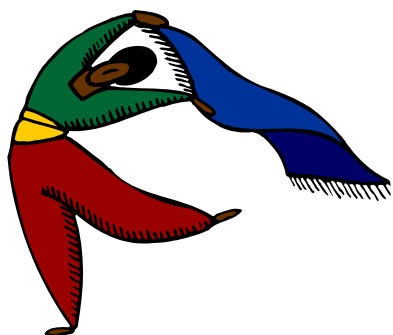
using bean bags



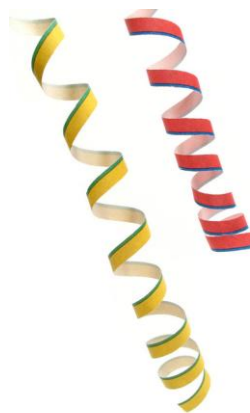
using empty containers



using a skipping rope



using scarves



using ribbons



using balloons

other ideas...

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

A Day at the Park





The men play



They throw a Frisbee.



They have a picnic. Everyone is happy.



They throw a Frisbee.



The men play basketball.

**They have a picnic.
Everyone is happy.**



**A Day at
the Park**



1. Fold your paper in half length-wise.
2. Open and fold the paper in half width-wise.
3. Lay the paper flat with the fold away from you. Fold up one side. Flip over and fold up the other side (should look like a "W" from the side).
4. Open so you can cut the folded middle section along the length-wise middle crease. Cut until you reach the width-wise middle crease line.
5. Open flat. Fold in half length-wise again to form a diamond with the cut area.
6. Push the 2 folded sections together to form a plus sign (+).
7. Find the front and back "covers" and fold those "around" the other "pages".

