

Physical Literacy and Early Childhood: Bringing it to Life

QUESTIONS FOR SECTOR GROUP

1. How will this training change or enhance your practice on Monday?

Education

- Try to incorporate more activity in the gym, classroom and outdoors
- New activities, incorporate physical activity within the classroom, use movement language, show to staff.
- Add high intensity activities, discuss with colleagues physical time outside, getting more materials to work with, energizers.
- Spend more time outside, incorporate more movement into transitions, try new activities involving everyday objects, use inside space differently in the classroom for movement.
- Games we can use on Monday- easy, very few materials. Thinking about building skills.
- It's March Break on Monday, but following Monday we will be implementing examples presented. Will use appropriate terms, not "hop like a frog".
- Including PL into math and English

Childcare (OEYC)

- More aware of physical abilities of children. New ideas for activities. Ways to change old songs.
- Added training sessions- staff meetings, group. Pointers about activities to enhance physical activity. Incorporate the activities into the program. Make purchases for materials.
- Implementation and sharing with staff members about new activities. Purchase items (Scrubbles, etc.)
- Fresh ideas into centre, making conscious awareness of physical activity, doing regular activities but expand it, motivating staff.

Library

- Thinking of ways to incorporate movement into children's programs (story times). Use of props in movement activities- more creativity, more extensive activities.
- Enthusiasm revitalized, new affordable ideas and energy, our space allows for it.

2. How will you transfer your knowledge to your colleagues?

Education

- Possible workshops. Share notes, websites. Network. Teach games.
- Website and resource sharing, demo, discussion
- Share email file of resources, explain games/ activities, advocate.

- Network meeting- presentation, division/ team meeting sharing
- Demonstrate, share info/division meetings
- Put posters up in gym, presentation at staff meeting- do an activity.
- Put on a workshop for other teachers

Childcare

- Communicate with others; share/ demonstrate kits.
- Training sessions, team building to show the activities
- Staff meetings (monthly). PD session run by directors, enhanced by our staff.
- Through staff meetings/ lunch hour, modelling to other sites/hcc, playing games with staff

Library

- Be a role model, share information with other staff members, put workshop information in a binder and leave in staff room (to share).
- Verbally. Lead by example, staff meetings, discuss, add to programming.

3. How could you partner with others in the community to support your efforts in bringing physical literacy to life?

Education

- Parent committee, possible workshop, possible collaboration with Health Unit, parent volunteers to help with small groups, possible donations.
- Find new resources, board personnel, expertise parents within school community
- See what type of clubs are in your community who could support PE
- Information sharing, guest instructors from outside agencies, Health Unit
- Afterschool program, home + school- outdoor physical literacy, nearby rec programs
- Have recreational groups, fitness facilities make presentations.
- Tennis or sports into school to give sampling

Childcare

- Share knowledge; partner with other municipalities.
- Present workshop for a variety of centres- with parents, educators
- Community school program- create an 8-week club at schools. Connect with physical literacy rep.
- Bringing kits to other sites (i.e., Resource consultant), training daycare and head start programs, taking home (children can play with neighbor), making small kit and sending home with children.

Library

- Promote at community events, festivals, fairs, picnics. Partner with the Y (activities in library). Partner with the gym, Public Health Unit, healthy kids challenge, to promote on MCL website- share information with the municipality recreation board.

- Join up with VON seniors, martial arts group, service clubs, local sports groups, school outreach.

4. How could you translate your knowledge to parents?

Education

- Newsletter, verbal, have a physical literacy session/night
- Invite them in- open house, photos home, flyers, information in newsletter.
- Newsletter, see saw, documentation
- Evening workshops with families to highlight ways to incorporate more physical literacy into their daily lives.
- Posters in school, forward website information, photos on website.
- Have physical literacy night, complete couple of activities during TVNELP classroom visit.
- Assessment tool, remarks on report cards.

Childcare

- Model within the program
- Show them, parent night/time, give ideas/suggestions. Have the child show them- have them play a game when they come to pick up.
- Posters, informing parents through resources, newsletters to parents through program plans.
- Posters, websites, newsletters, parent workshops, awareness on stats.

Library

- Modelling, participating, personal instruction for parents/children, include information in newsletter, include information in website/ twitter.
- Incorporate into story time, share links, hand-outs, lead by example, involve parents.