

APPLE Seeds

Sowing the Seeds of Active Play & Physical Literacy Everyday

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Centre for Child Well-Being
Mount Royal University

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The Start of Our Journey

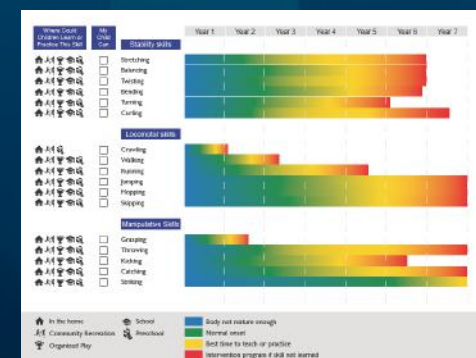
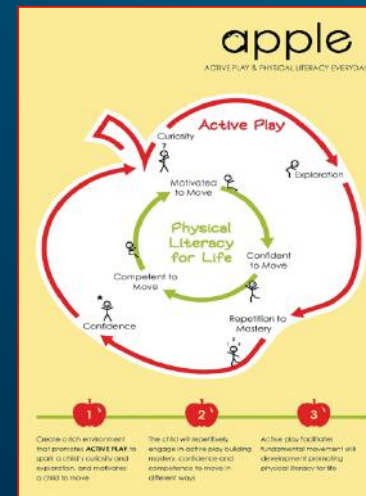
- MRU Child Studies students (2007) asked 100 ECEs in Calgary:
How much daily physical activity do preschool children in child care in Calgary experience?
 - 30 minutes or less PA in a 10 hour day!
 - 79% of children under 3
 - 59% of children 3+
 - CSEP Guidelines – 180 minutes active play daily
 - Direct correlation between ECE's PA level and the PA experienced by children in his/her care



Crisis! What do we do?

Resources, Education, Policy

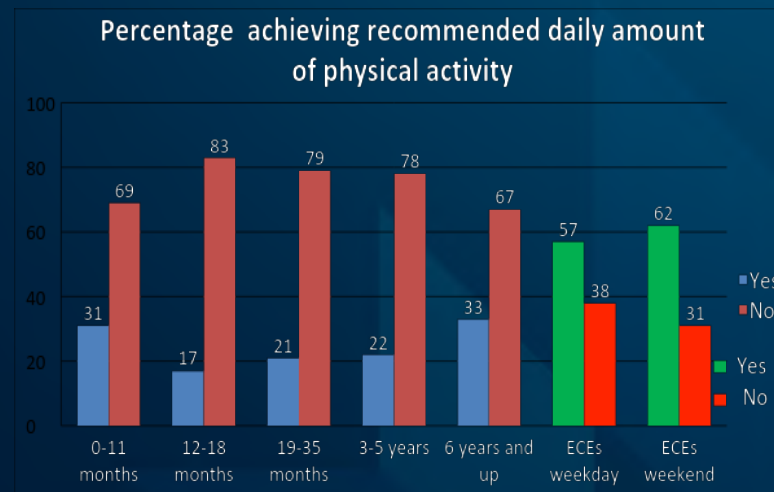
- Hop Skip and Jump Resource Manual
- Workshops for ECEs conducted by faculty, students, and community
- Active Play and Physical Literacy Everyday – APPLE Model
- Preschool Fundamental Movement Skills Chart
- AB Accreditation Standards now include physical literacy and sedentary behaviour guidelines (2012)



Paradox in Child Care

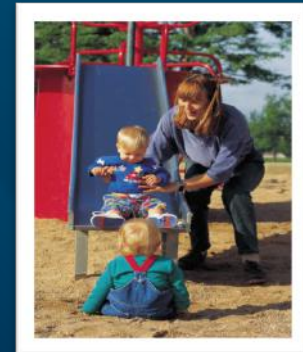
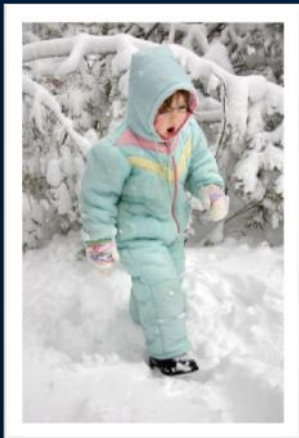
Where were we in 2014?

- 2014 survey of 130 ECEs across Alberta
- ECEs identified that:
 - Physical activity is important (96%)
 - Few insurmountable barriers exist
 - Resources and education are available
 - They themselves are physically active



ECE Philosophy – We Need to Remember

- Preschool children learn through play
 - structured and unstructured
- Active play involves curiosity, exploration, repetition, and confidence – a stimulating environment
- ECEs are not phys ed teachers



Preschool Physical Literacy

- Good nutrition and physical activity: building blocks for healthy brains
- Pattern for healthy living
- PL – motivation, competence, and confidence (Whitehead, 2010)
- PL – not a level of competence on a scale but an individual's personal journey (Whitehead, 2010)



<http://gliosis-zabel.blogspot.ca/>

Physical Literacy Observation Tool (PLOT)

- Observation – not assessment
- Designed for use in play-based setting or in naturally occurring situations
- Uses “observable moments”
- Observations occur over a period of time
- Assesses 6 months to 6 years
- *3 age-banded categories
- Based on FMS categories: stability, locomotor, manipulative

When the child is on her tummy, does the child...					
1.	Hold her head straight up, looking around while resting on her arms and elbows?	C	C	O	O
2.	Straighten both arms and push her whole chest off the bed or floor?				
1.	When this child is on her back, does she lift her legs high enough to see her feet?	C	C	O	O
With or without support of pillows, does the child...		C	C	O	O
1.	Sit up straight on the floor for several minutes?	C	C	O	O
With or without support, while standing, does the child...		C	C	O	O
1.	Balance his own weight?	C	C	O	O
1.	Bend down and pick up a toy from the floor and then return to a standing position?	C	C	O	O
While standing, does the child...		C	C	O	O
1.	Bend forward to touch his knees or toes?	C	C	O	O
1.	Stand on her tiptoes and stretch her hands up to sky, touching her hands together like a mountain?	C	C	O	O
1.	With support, balance on one foot for about one second?	C	C	O	O
1.	Without support, balance on one foot for about one second?	C	C	O	O
1.	Using his arms to balance, while walking on a straight line?	C	C	O	O
While standing, does the child...		C	C	O	O
1.	With one leg crossed over the other bend forward to touch her knees or toes?				
1.	Bend to touch her toes and then stretch her hands up to the sky, in one motion?	C	C	O	O
1.	Without support, balance on one foot briefly without putting her other foot down?	C	C	O	O

Infant and Child Health Lab (INCH), McMaster University, Centre For Child Well-Being and CS4L

- Establish the measurement properties of the observation tool
 - examine the reliability, validity, and implementation of the PLOT; process of recruitment
 - examine whether the PLOT is able to track children's physical literacy over time
 - assess the utility of the PLOT within a program to support preschool physical literacy



APPLE Seeds

12 Week Preschool Physical Literacy Program

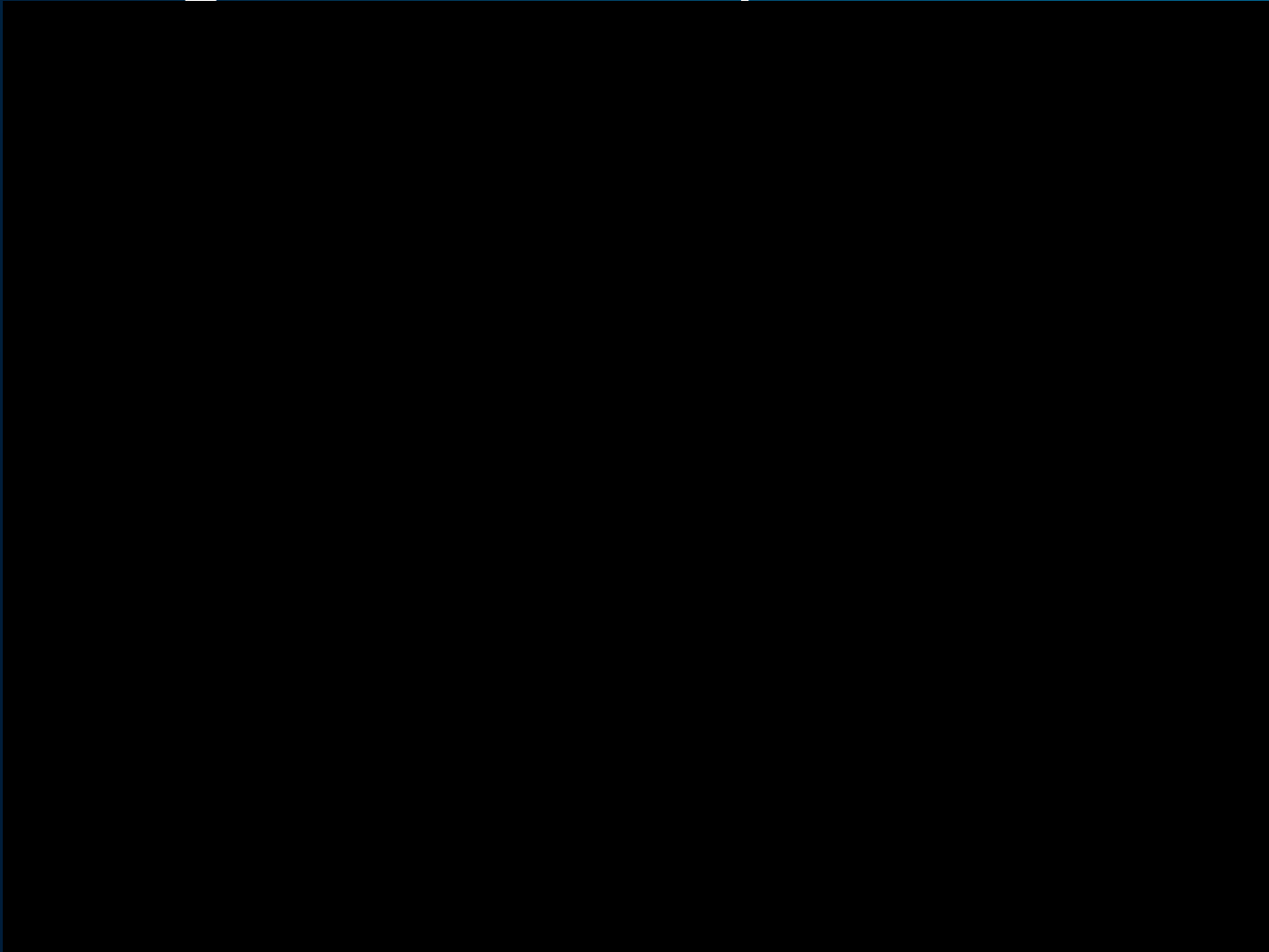
- Play based program – 12 activities
- 45 – 60 minutes each
- Three components
 1. Introduction to support understanding of activity
 - a. address developmental domains: story, song, art...
 2. Developmentally appropriate play based activity, adult led
 3. Child initiated exploration of stimulating environment to stimulate curiosity, encourage exploration and repetition to build confidence with introduced skill

APPLE Seeds: 12 Week Physical Literacy Program



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1910

APPLE Seeds: 12 Week Physical Literacy Program: Hot Potato, Cold Potato



Thank you!

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