

4c

Food Program

Healthy Habits: Physical Activity

Active movement and exploration help children's brains and bodies develop.



Child care providers have a unique opportunity to shape young children's healthy development,

through promoting physical activity, screen time limitations, good nutrition, and healthy sleep practices.¹ The 4-C Food Program Tots at the Table initiative, funded by the ConAgra Foods Foundation, is designed to encourage child care providers to focus on promoting child wellness through setting personal goals related to child nutrition and physical activity.

¹ U.S. Department of Health and Human Services. The Surgeon General's Vision for a Healthy and Fit Nation. Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General, January 2010.

Children's lifelong health and well-being are directly related to the development and strengthening of their large and small muscles, involvement in sensory experiences, and the practice of healthy behaviors.

This packet includes background physical activity for children, age appropriate motor skills, snacks for active children, and activities for families.

Definition: Physical activity is bodily movement of any type and may include recreational, fitness, and sport activities such as jumping rope and playing soccer, as well as daily activities such as taking the stairs or raking leaves.

Physical activity can be child directed (unstructured) or provider led (structured). The Wisconsin Model Early Learning Standards include guidelines on children's health and physical development.²

Benefits of Physical Activity Include:

- Reduced risk of overweight and obesity
- Reduced risk of diseases such as Type 2 diabetes, high blood pressure, high cholesterol, and asthma
- Increases muscular strength and joint flexibility

Best Practices:

Experts recommend 60 to 120 minutes of moderate to vigorous physical activity per 8 hour day for toddlers and preschoolers.³

² "Wisconsin Model Early Learning Standards" with Introduction. Wisconsin Department of Public Instruction. 2008.

³ Physical Activity Guidelines for Americans

Physical activity habits, like eating habits, are established early in life.

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**ConAgra
Foods**
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Activities¹

Age Appropriate Motor Skills

The motor skills listed below are general abilities of each age group. Remember that each child develops at their own rate and they may be able to do some skills earlier or later than other children.

@2years	@3years	@4years	@5years
<ul style="list-style-type: none"> • Walks alone • Walks backward • Pulls toys behind while walking • Carries large toy or several toys while walking • Walks up stairs while holding onto something • Begins to run • Stands on tiptoe • Throws a ball with overhand motion • Kicks a ball • Rolls a ball back to a person 	<ul style="list-style-type: none"> • Walks a few steps on tiptoe • Walks backward long distances • Can perform a standing broad jump • Balances on one foot for 5 seconds • Throws a ball 5-10 feet with overhand motion • Kicks ball forward 	<ul style="list-style-type: none"> • Swings, climbs • Executes 7 to 9 hops on the preferred foot • Gallops with a steady rhythm • Throws a ball 10-15 feet with overhand motion • Hops on one foot, somersaults • Marches or dances in rhythm to music 	<ul style="list-style-type: none"> • Runs with energy and coordination • Walks a 2-inch balance beam • Catches a ball with some practice • Walks up and down stairs alone • Hops on one foot for long distances • Rides a tricycle and steers well • Marches or dances in rhythm to music

Change it Up

The motor skills listed below are general abilities of each age group. Remember that each child develops at their own rate and they may be able to do some skills earlier or later than other children.

Equipment	Playing Area	Time	Rules	Actions
<ul style="list-style-type: none"> • Use larger equipment • Use lighter equipment • Use Velcro • Use a larger/smaller/higher/lower goal or target • Mark a start or playing position on a playing field or apparatus • Use a variety of scoops for catching • Use a variety of balls (different sizes, weight, colors, texture) 	<ul style="list-style-type: none"> • Decrease distance • Use well-defined boundaries • Simplify patterns • Adapt the play area (i.e. remove small objects or obstacles) 	<ul style="list-style-type: none"> • Vary the tempo of the activity • Slow the activity pace • Lengthen or shorten the time • Provide frequent rest periods 	<ul style="list-style-type: none"> • Demonstrate or model the activity • Assign partners • Disregard time limits • Give oral prompts • Give more space between children • Eliminate being eliminated • Eliminate outs or strike outs • Allow the ball to remain stationary • Allow traveling 	<ul style="list-style-type: none"> • Change locomotor patterns, reduce steps, add steps • Modify grasps, use two hands • Modify body positions, kneel, stand, or sit • Reduce the number or actions or the number of steps • Use different body parts

¹ All activities from the Early Care and Education Wellness Resource Kit. 2010. Wisconsin Department of Health Services Nutrition, Physical Activity, and Obesity Program.

Snacks on the Go

Different snack combinations can help children stay full longer (or get hungry again quickly). The “satiety value” of a food is the degree of fullness you get from a food. Protein has a high satiety value, so it satisfies hunger for longer. Carbohydrates have “go-power” and give you quick energy. Serving snacks that include both carbohydrates and protein can help children keep up the energy to stay active longer.

Some foods with high satiety include: fruits, vegetables, skim milk, broth based soups, whole wheat pasta, eggs, fish, chicken breast, and boiled potatoes.



Some Snack Ideas

- Yogurt and Banana
- Hummus and Pita
- Yogurt and Fresh Berries
- Peanut and Raisin Trail Mix
- String Cheese and Apples
- Plain yogurt with jam and cereal
- Peanut Butter and Banana on Rice Cakes, Pita, or Tortilla
- Cottage Cheese and Whole Grain Crackers
- Tuna on Whole Grain English muffin
- Turkey and Cheese with Apple Slices
- Black Beans and Tortilla Wrap
- Peanut Butter or Almond Butter on a Whole Wheat Bagel
- Oatmeal and Raisins

Fruit and Nut Bars

Put the hazelnuts, oats, and seeds into a frying pan. Toast (stirring) over medium heat for 3 minutes, or until they begin to turn golden. Leave to cool. Put the raisins, apricots, and orange juice into a food processor and puree until the mixture becomes smooth. Pour the puree into a mixing bowl. Put the nuts, oats, and seeds in the food processor and whiz until they are finely chopped. Pour the mixture into the bowl with the fruit puree. Stir the fruit mixture until all the ingredients are mixed together. Line a 7 in x 10 in baking pan with parchment paper. Spread the mixture evenly in the pan. Chill for at least 1 hour, until solid. Then turn it out of the tin and peel off the parchment paper. Cut into bars.

(try adding different fruits and nuts to mix it up)

Ingredients:

- | | |
|--|-------------------------|
| 1/3 C. Hazelnuts | 2/3 C. Whole Oats |
| 3/4 C. Raisins | 4 T. fresh orange juice |
| 2 T. sunflower seeds | 2 T. pumpkin seed |
| 1 heaping cup dried apricots (cut into small pieces) | |



Family Information

Encourage Family Activities

Children need to be active throughout the day, every day, not just when they are in your care. Here is some information to share with families to encourage physical activity all the time!

Rotate activities. Your daughter and son may enjoy different activities. Let one of them lead the activity one day, and then switch the next day. That way everyone gets to be the “expert”!

Think outside the box. Not all activities involve running around or riding bikes. Try planting a family garden where everyone helps with the weeding, watering, and harvesting. Or take a trip to the zoo. This will ensure a couple of hours of walking around.

Have snacks and water available that encourage being active. Energy dense foods like yogurt, dried fruits, and nuts will fill up your child and help them stay active longer.

Don’t over do it. Let your children know that physical activity is not supposed to hurt and that, if it does, they can slow down or try a different activity.

Try quick activities. The recommended 60 to 120 minutes per day doesn’t have to happen all at once. Take 10 minutes to walk down the block before watching a DVD (just remember to limit your screen time). Or play a quick game while dinner is cooking.

Be a good role model. Participating in activities with your children will encourage them to be more active. And maintaining a healthy lifestyle for yourself will help your children learn their own healthy habits.

Indoor Blizzard

Supplies: 10 balls of paper; laundry baskets or boxes

Set Up: Place all paper balls in the middle of the play space and place laundry baskets or boxes around the outside of the room

To Play: Have your child toss the paper balls into each basket or box. After all balls have made it into the baskets or boxes, collect and try it again. This time, move the targets closer or farther away from the child.



Obstacle Course

Supplies: Chairs, beach balls, laundry baskets, canned foods, whatever else you can find!

Set Up: Stage an obstacle course around the house using chairs to walk around, laundry baskets to throw beach ball in or use paper balls from Indoor Blizzard, and set cans on floor for children to move around while tossing a beach ball in the air and catching it.

To Play: Changing the obstacles for your child will help keep them alert and keep the activity fun. Have them skip, walk backwards, crawl, bounce, or toss a ball while completing different obstacles.

