

Summer Transition Program Physical Activity

Prepared by:

DECAL's Nutrition Education & Physical Activity Team





Georgia Dept
of Early Care
and Learning
BRIGHT FROM THE START



Nutrition
Services
DECAL

Staying Active in the Summer

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DECAL's Mission

The Georgia Department of Early Care and Learning improves outcomes for children and families by strengthening early learning experiences in partnership with early education programs, professionals, stakeholders, families, and communities.



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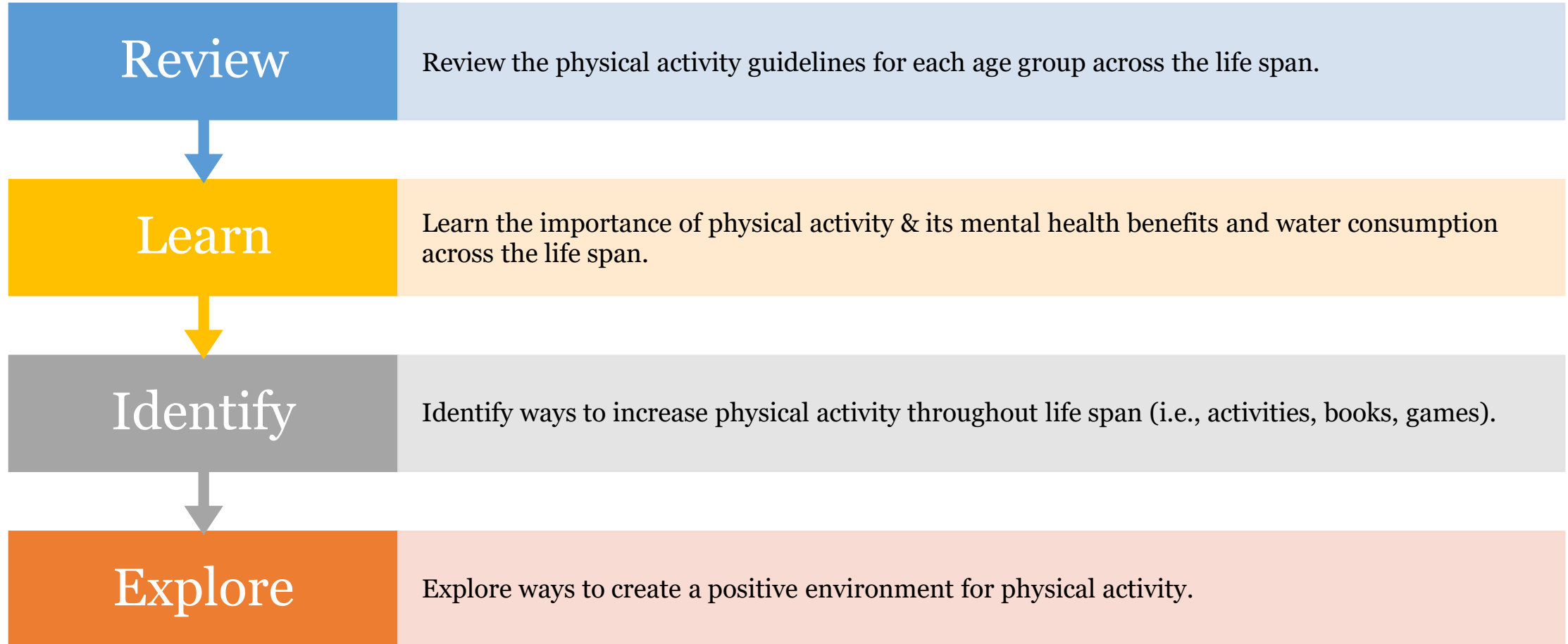
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**Georgia Dept
of Early Care
and Learning**
BRIGHT FROM THE START

This institution is an equal opportunity provider.

Learning Objectives



Opening Ice Breaker

- Where do you go in our community to get active?
- What are your favorite parks?
- What are your favorite ways to get active (with or without your children)?



Why is Physical Activity Important?



Recognize that physical activity is important for preschool, school-aged children and adults throughout our life.



Physical Activity Recommendations by Age Group



Preschool-Aged Children



- **Active throughout the day**
- Adult caregivers encourage active play

Adults



- **Move more and sit less** throughout the day
- 150 to 300 minutes a week of moderate intensity activity

School-Aged Children and Adolescents



- **60 minutes or more** of moderate-to-vigorous intensity activity daily



Older adults



- Adult guidelines
- **Multicomponent** activity



Physical Activity for young children





Children in Action

- Move and engage in active play throughout the day.
- Structured activities include throwing or balancing games.
- Add hopping, skipping, jumping, and tumbling activities.





Benefits of Physical Activity to children and families

- Promotes health and fitness
- Builds strong bones and muscles¹
- Lowers risk of obesity and diseases such as type 2 diabetes and heart disease¹
- Reduces anxiety and depression symptoms¹
- Enhances concentration, memory and behavior²



Gardening is a Physical Activity

- Gardening is fun & healthy for kids.
- Kids learn science and skills from gardening.
- Kids can do tasks like planting, mulching, weeding, and cooking.
- Ensure the garden is safe with suitable tools and secure areas.



Daily Physical Activity Ideas for Preschoolers

Planning with Daily Themes

By using daily themes, providers and teachers can ensure a well-rounded physical activity program. Daily themes make it easy to plan for movement throughout the day, while assuring children learn a variety of movement skills. Here is a sample listing of the types of skills that could be included for each daily theme. Providers and teachers are encouraged to modify themes to meet their needs and focus areas each week.



MONDAY Manipulative Skills

- Toss
- Throw
- Catch
- Kick
- Strike objects
- Dribble (feet)
- Dribble (hands)

TUESDAY Locomotor Skills

- Walk
- Run
- Jump
- Hop
- Leap
- Slide
- Gallop
- Skip
- March

WEDNESDAY Stability Skills

- Stretch
- Pull
- Push
- Bend
- Turn
- Reach
- Lift
- Swing
- Sway
- Twist
- Yoga

THURSDAY Moderate to Vigorous Physical Activity

- Dance
- Twirl
- Chase
- Flee
- Or any activity listed as a locomotor skill

FRIDAY Fitness Circuits

- Obstacle Course
- Station Rotations
- Practice all skills through games such as Simon Says, Red Light Green Light, and Follow the Leader





What can families do to be active?

- ❑ Dance Party
- ❑ Hide & Seek
- ❑ Jump Rope
- ❑ Yoga Stretches
- ❑ Running Races
- ❑ Storytelling Workouts



Mental Health & Exercise



Importance of Mental Health

Basics for a good mental health:

- Unconditional love from family
- Self-confidence and high self-esteem
- Opportunity to play with other children
- Encouraging teachers and supportive caretakers
- Safe and secure surroundings
- Appropriate guidance and discipline



Benefits of Mental Health on Physical Activity and Sports

- Boost Your Mood.
- Reduce Depression and Anxiety.
- Improve Your Concentration and Focus.
- Get Quality Sleep.
- Boost Your Self-Confidence.
- Improve Your Social Skills.



Source: Mental Health America

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Physical Activity & Water

Importance of Drinking Water

Water and Health

Drinking enough water is important for good health.

Drinking water can prevent dehydration and constipation.

It keeps joints, bones and teeth healthy, helps the blood circulate, and can help kids maintain a healthy weight into adulthood.

Being well hydrated improves mood, memory and attention in children.



Signs of Dehydration

Infants 0-6 months

Fewer wet diapers
Overly sleepy
Sunken soft spot on the
baby's head
No tears when crying

Older Children

Dry lips or sticky mouth
Less urination or dark-
colored urine
Sleepy and irritable
Flushed skin

Teens

Dry lips or mouth
Lightheadedness
Cramps
Thirst
Dark or less urine
Headache
Rapid pulse
Flushed skin
Feeling excessively hot or
cold





Ways to Get Increase Water Consumption

- Fill up a water bottle first thing in the morning.
- Remind children to take a drink!
- Try a squeeze of lemon or orange juice
- Add ice to their water
- Add sliced fruit to their water
- Eat watermelon!
- Let them pick their water bottle.
- Use popsicles and ice





Make Water Fun

- Infuse water.
- Keep fruits and vegetables that are high in water content handy.
- Freeze fruit inside ice cubes.
- Delight kids with special water bottles or cups.
- Make your own popsicles with pureed fruit for an afternoon cool-down.





Hydration Sample



Fun Water Recipes



Citrus Flavored Water

- Prep time: 10 minutes
- Chill time: 3 hours to overnight
- Makes: 4 cups
- Ingredients
 - 1/2 small or 1/4 large citrus fruit (lemon, lime, orange or grapefruit)
 - 4 cups water
- Directions
 - Wash hands with soap and water.
 - Scrub the fruit thoroughly under cool running water.
 - Slice the fruit thinly into whole circles or quarter wedges, with or without the skin.
 - Add fruit slices to water and refrigerate several hours to overnight to allow the most flavoring, then keep it cold to keep it safe.
 - Drink within 2 days for best quality.





Strawberry Kiwi Flavored Water

- Prep time: 5 minutes
- Chill time: 3 to 12 hours
- Makes: 4 cups
- Ingredients
 - 4 strawberries
 - 1/2 kiwi
 - 4 cups water
- Directions
 - Wash hands with soap and water.
 - Wash and trim away the core and any bruised areas of the strawberries. Wash and peel the kiwi.
 - Slice both fruits into thin slices.
 - Add fruit to water and refrigerate for several hours to overnight to allow the most flavoring, then keep it cold to keep it safe.
 - Drink within 2 days for best quality.



INFUSED WATER *Recipe*



BERRY KIWI (OR ORANGE)

Ingredients:

Mix **10 sliced** berries and kiwi (and/or **1 sliced** orange) with water in a **2-quart** pitcher. Chill for at least **20 minutes** and enjoy.



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.



INFUSED WATER *Recipe*



CUCUMBER LEMON (OR LIME)

Ingredients:

Mix **1/2 sliced** cucumber, **1 sliced** lime, and **5** mint leaves (optional) with water in a **2-quart** pitcher. Chill for at least **20 minutes** and enjoy.



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.



INFUSED WATER *Recipe*



PEACH & BLUEBERRY

Ingredients:

Mix **1 sliced** peach and **20** blueberries (can be frozen) with water in a **20-quart** pitcher (add mint for extra flavor). Chill for at least **20 minutes** and enjoy.



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.





United States Department of Agriculture

Eight Reasons To Drink More Water This Summer



=



A 12-oz sugar-sweetened cola has
31 grams of added sugar.
That's **8 teaspoons!**



Water has **no added sugar!**
It's deliciously refreshing
and **FREE!**



You'd have to **walk for 45-60 minutes*** to
burn off the **126 calories from added sugars!**

* 6-11 year olds would need to walk 60 minutes, and 12-14 year olds would need to walk 45 minutes to burn off the calories. Estimates are based on average weights of children ages 6-11 and 12-14. Those who weigh more than average will burn more calories. Those who weigh less than average will burn fewer calories.



SUMMER
FOOD
SUMMER
MOVES

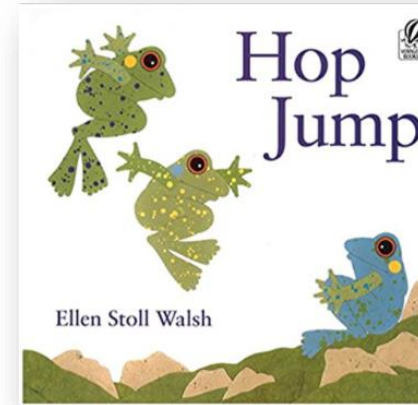
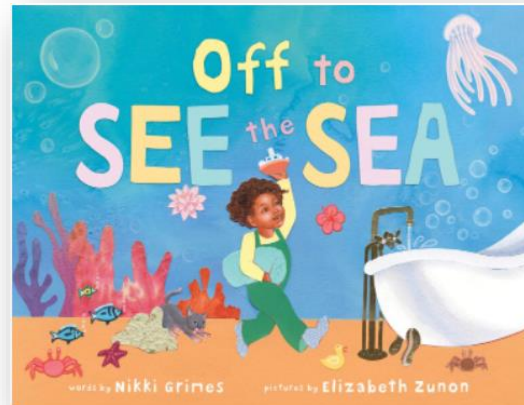
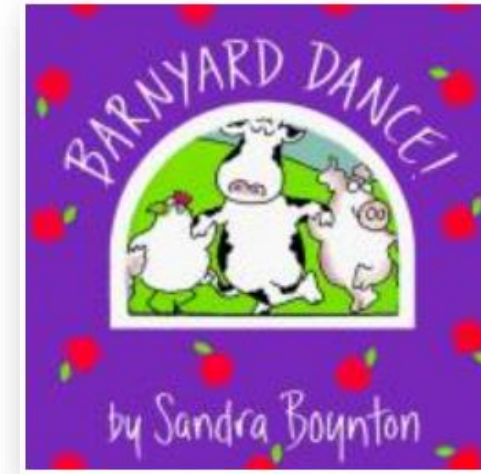
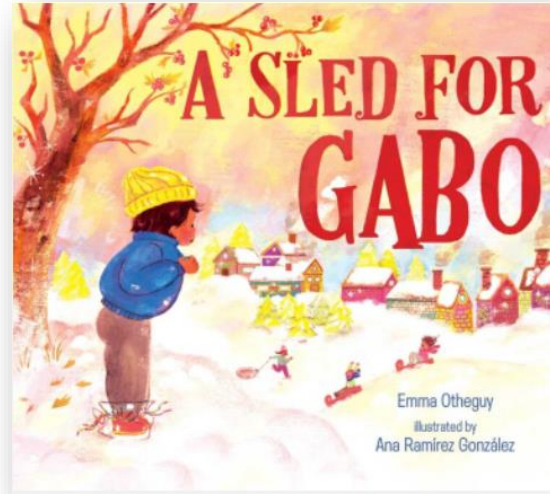
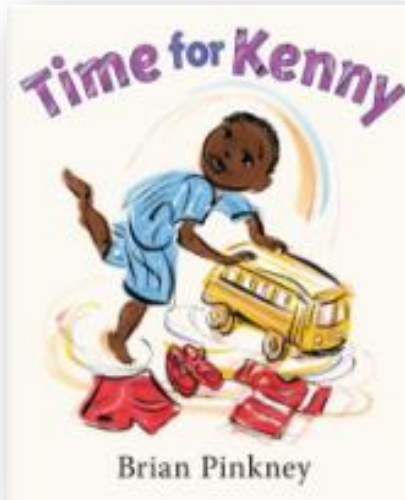
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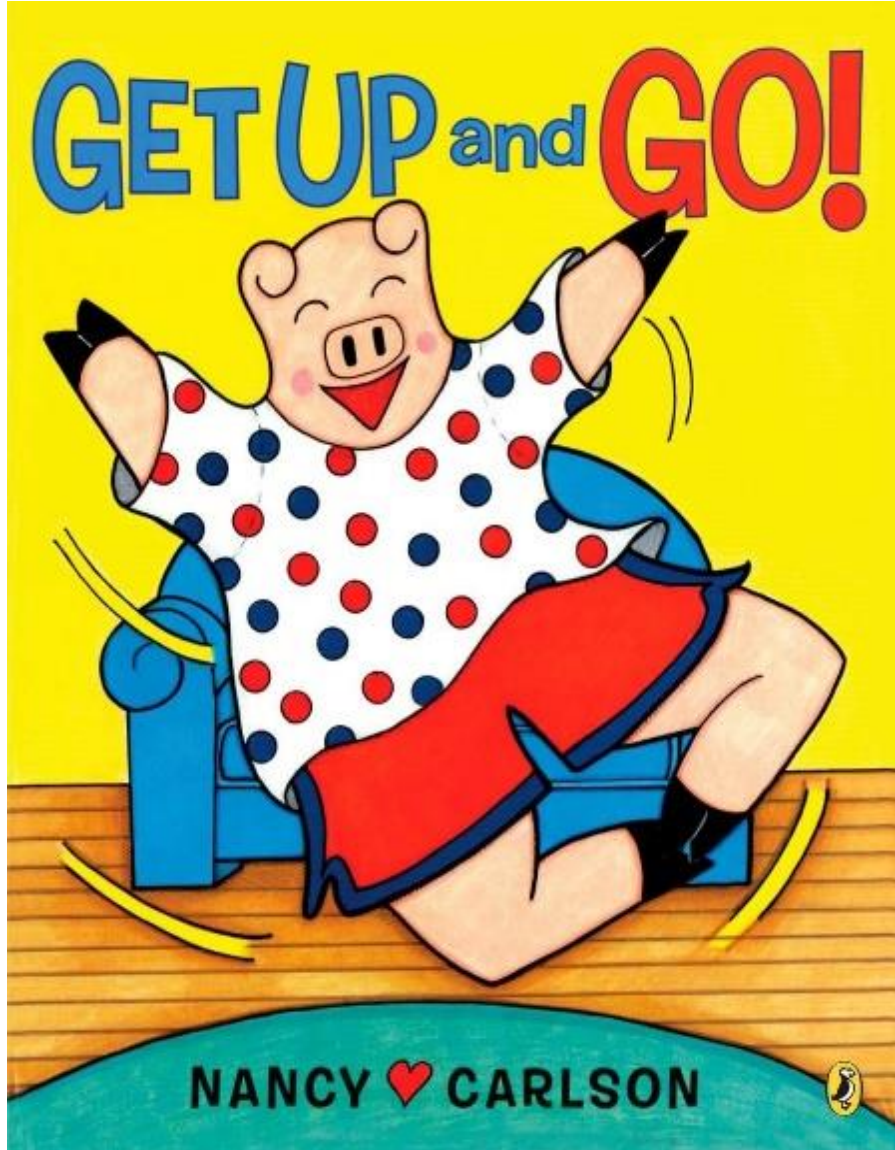
Book List Resources



Connecting literacy and movement can bring joy to children



Source: Nemours Children's Health



Physical Activity Book

Get Up and Go! by Nancy Carlson



Physical Activity Book Lists

Silly Sally by Audrey Wood

ABC Yoga by Christiane Engel

Move! by Lolly Hopwood, Yoyo Kusters, and Look Flowers

From Head to Toe by Eric Carle Harper Collins

Shake a Leg! (Sesame Street) by Constance Allen

Meddy Teddy: A Mindful Yoga Journey by Apple Jordan

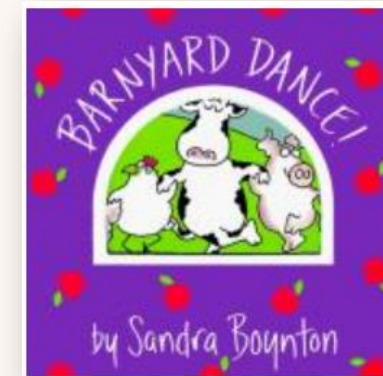
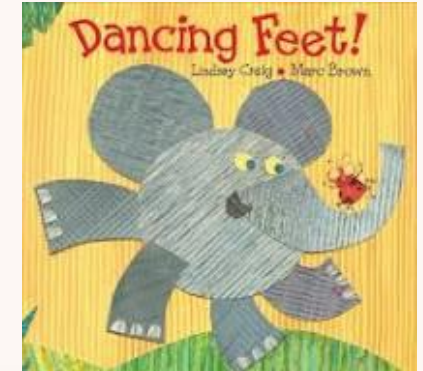
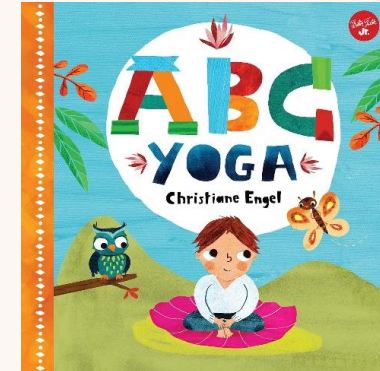
Run and Hike, Play and Bike: What is Physical Activity? By
Brian P. Cleary

The Croaky Pokey by Ethan Long

Dancing Feet! By Lindsey Craig

Go, Shapes, Go by Denise Fleming

We're Going On A Bear Hunt by Michael Rosen



Physical Activity Games



Physical Activity Games

50+ Fun Physical Activities for Kids of All Ages, Categorized

- Simon Says
- Duck Duck Goose
- Freeze Dance
- Hopscotch
- Jumping
- Dancing
- Scavenger Hunt
- Musical Chairs



Physical Activity Calendar



Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services
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Transition Activities for Families











May

Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take a walk. Each time you see a sign of spring do 10 jumps for joy. 	Motions of the Weather. Use your body to pretend to be different types of weather. Rain, wind, thunder, snow...get creative.	Practice your throwing skills. Find a big target and throw as hard as you can at it. Work on stepping right at the target with your "opposite" foot.	Rainbow Run. Talk about the colors of the rainbow and as you name a color run and touch three things that are that color.	Log Rolls – find a safe space in your house and practice rolling in a straight, strong line. Use those muscles.	Silly Run: Get outside and run. Try running in a straight line, a curvy line, and then a zigzag line.	Pretend that your elbow or your foot is a great big crayon, and move all around your home coloring the most beautiful picture.
Can you leap? Pretend that your house is full of puddles and your job is to leap over all of them. Don't get wet! ☺	Find an extra chore that will help you become a better mover (sorting clothes to work on throwing skills; sweeping the floor to work on strength).	Turn on some music and make your parent/caregiver dance with you. Tell them they have to dance for at least two whole songs.	Statues Game: Put your body into a balanced position and hold it while you count to 10. Try a more challenging position.	Say the ABC's by putting your body into the shape of each letter. 	Go for a walk – breath in the air as you swing your arms and hold your head high.	Can you skip? Give it a try – step, hop, step, hop.
Cut out a bunch of different shapes, put the shapes in a pile and then try putting your body into these odd shapes. 	Find different kinds of shoes in your house. Pretend to move as if you were wearing each kind of shoe. Stomp in your boots, prance in your slippers, slide in your skates.	Get silly today and make up a new sound or word and then make up a new action to go along with that word or sound.	Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage.	What animals do you see in the spring? Act them out.	Go outside and explore speed – try moving really fast. Now move very slowly. Practice changing from fast to slow.	Pick up your room! Each time you pick something up do five jumps before you put it away.
Ask someone to help you make a hopscotch pattern with paper plates. Practice hopping and jumping. 	Practice your ball rolling skills by rolling a ball back and forth with someone. Each time you roll it, back up one step.	Nature Statues Game: Name something that you would see in nature then put your body into that shape. Try to hold that shape while you count to 10.	Become a cloud! Watch the clouds today and change your body into all of the shapes that the clouds make – then float through space going high, low, fast and slow.	Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also remember to land softly	Do the Opposite! Work on doing opposite movements, such as run fast and slow, reach high and low, march soft and hard.	Pretend to play your favorite instrument and go on a parade around the yard.
All Aboard! Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, then fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?	Take five minutes – go to every space in your home and do a funny dance that makes your parent/caregiver laugh. Make them do the dance with you.	Get outside and play catch. Follow the ball with your eyes and move to where the ball is going. 	Read your favorite Nursery Rhyme and put actions to it so you can say it with your body.	Motions of the Weather: Use your bodies to pretend to be different types of weather. Rain, wind, thunder, snow...get creative!	Make yourself really small and on the count of three spring up into the air, reaching and stretching to make yourself really big.	Go back and repeat the activities that you really enjoyed this month! 

Transition Activities for Families

Funding for this project was provided by the Office of Head Start, Administration for Children and Families, U.S. Department of Health and Human Services

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May 2024

Elementary Health & Physical Education Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: <ul style="list-style-type: none"> Asian American and Pacific Islander Heritage Month May 1-7: National Physical Education and Sport Week May 7: Teacher Appreciation Day May 5th: Cinco de Mayo May 6th: National Nurses Day 		SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)	1 Rock Paper Scissors Tag Play rock, paper, scissors. The loser remain frozen while the winner runs to the next person. Frozen players can unfreeze if they win and run to find someone else to play with again.	2 Partner Challenge Sit back-to-back with a friend and link arms. Try to stand up without unlinking arms.	3 Participate in an activity of your choice but be sure to include someone you don't normally play with today.	4 Grounding The 5-4-3-2-1- exercise brings you back to the present moment through all your senses. Notice 5 things you can see, 4 sensations you can feel, 3 sounds you can hear, 2 things you can smell, 1 thing you can taste.
5 Parachute With a friend or family member use a bed sheet like a parachute in PE. Lift up and down to move air underneath the sheet.	6 Mindful Walk Walking is a simple and great exercise for everyone. Today go for a walk with a caregiver or friend, what do you see, smell, feel, hear, taste?	7 Write a Letter Write a thank you letter to one of your teachers today!	8 Hold A Pose Start with your knees and hands flat on the ground. Lift your hips up until your legs and arms are straight and your body looks like an upside-down "V." Relax your head. Hold the pose and breathe deeply. Hold for 20 seconds and repeat.	9 Hopscotch Draw a hopscotch board on the driveway or the sidewalk and play this classic game with a friend or family member.	10 Snake Breath Breathe in slowly through the nose and breathe out through the mouth making a hissing sound like a snake.	11 Body Scan Bring your attention to various parts of your body, spending 10-30 seconds on each part (e.g., toes, bottoms of feet, tops of feet). Notice any and all physical sensations: warmth, coolness, tension, tingling, pressure, pain, or textures.
12 Step It Up Take 10,000 steps today!	13 Good Food Collage Make a "good food" for their teeth collage out of pictures from magazines. They might even want to hang them on their own refrigerator to remind them which foods	14 Hula Hoop Dance Dance to your favorite song while hula hooping!	15 Positive Words Say 5 positive words to describe yourself in the mirror before taking on the day!	16 Locomotion Develop movement sequence consisted of at least 5 locomotor skills -run, jump, hop, skip, gallop, slide, leap, etc	17 Crawl Like a Seal Lie on your stomach, arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.	18 Sleep Tight No TV or electronics before bed, try reading a book or do some deep breathing to relax your body.
19 Journaling Before bed, take time to read a book or write something you are grateful for in a journal.	20 Dance Party Pick your favorite song & create your own dance with a friend or family member.	21 Hydrate Drink water throughout the day. Keep a record of how many glasses you drink (aim for at least 6-8 glasses total).	22 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times	23 Limbo Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass.	24 Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).	25 Nature Walk Take walks in the park with family members.
26 A Quarter's Worth How much is a quarter worth? Complete 25 of the following: <ul style="list-style-type: none"> Skip Jump Lift Knees Walk backwards 	27 Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	28 Meal Plan Create a healthy meal plan for the week.	29 Walk Race Challenge a friend to a walking race!	30 Set a Goal Set a positive goal for the day. What would you like to accomplish today?	31 Find Your Calm Find a quiet place and sit with your eyes closed. Practice breathing deeply for 2 minutes.	

Transition Activities for Families



Community Activities



Physical Activity Community Activities

- [YMCA of the USA | Find Your Y](#)
- [Explore Georgia](#)
- [Motivate Your Child to Stay Active](#)
- [Georgia State Parks & Historic Sites](#)
- [25 Ways to Get Moving at Home Infographic](#)
- [50+ Fun Physical Activities for Kids of All Ages, Categorized](#)



Overview of Physical Activity

Review the physical activity guidelines and recommendations

Importance of Physical Activity throughout the lifespan

Mental Health Benefits and Water consumption

Ways and ideas to provide physical activity to your communities



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What physical activity goal do you have after today's training?

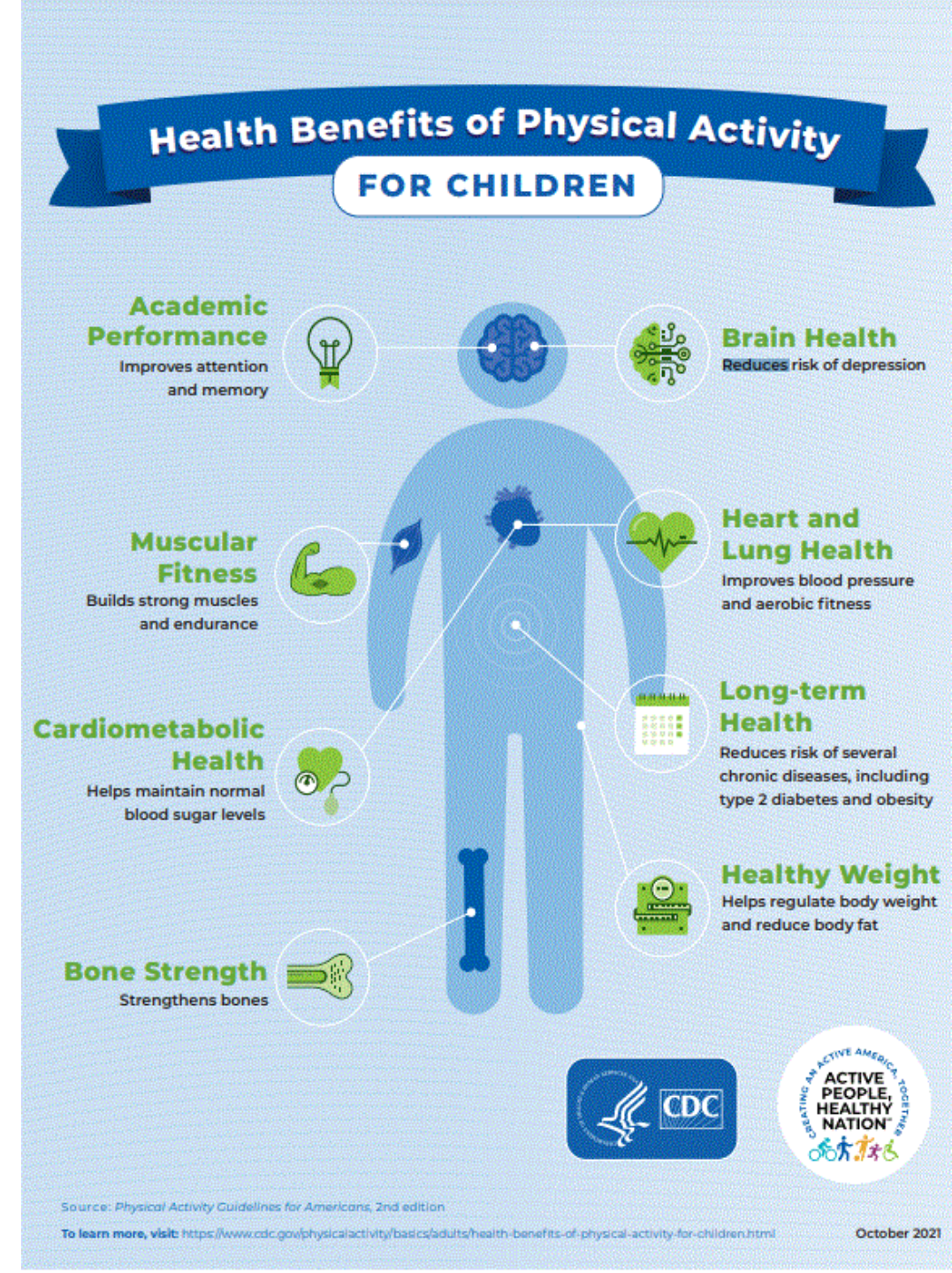


Physical Activity Resources



Physical Activity Resources

- [Healthy Tips for Active Play](#)
- [BlazeTots – BlazeSports America “Active Start for Preschoolers with Disabilities”](#)
- [60 A Day: Fact Sheets for Kids](#)
- [My Activity Pyramids for Kids](#)
- [Health Benefits of Physical Activity for Kids](#)
- [Move Your Way: Tips For Getting Active Indoors](#)
- [The Difference Between Structured vs. Unstructured Play](#)





Physical Activity Resources

- [Eat Smart To Play Hard \(Activity Guide for Families\)](#)
- [Sip Smarter \(AHA\)](#)
- [Rethink Your Drink Every Sip Count](#)
- [Hydrate My State GA](#)
- [Physical Activity for Children](#)
- [Health Benefits for Physical Activity among Adults](#)
- [25 Ways to Move at Home \(English\)](#)
- [25 Ways to Move at Home \(Spanish\)](#)
- [Nutrition and Physical Activity Memory Game](#)





Questions?

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Thank You!