

Resources

for Physical Activity and the Early Years

Service providers working with young children are often searching for new ideas for activities to keep the children moving. Below is a list of books, manuals, videos, CDs, downloadable resources and websites focusing on physical activity.

The list only includes resources that are available for purchase or download at the time of printing and may not include resources produced by an organization to meet their own needs. The list is not inclusive and the resources are not necessarily approved or endorsed by the Best Start Resource Centre.

Books and Manuals

500 Five-Minute Games

Jackie Silberg, 1995

Available through Physical and Health Education Canada, 1-800-663-8708;
www.phecanada.ca/store; \$33.95

Contains games, songs, and quick and easy learning ideas for children aged three to six. Games focus on balance, body awareness, cooperation, and coordination. In addition to 42 "Active Games", there are numerous alphabet, counting, drama, language, listening and math games.

Active for Life: Developmentally appropriate movement programs for young children

Stephen Sanders, 2002 (ISBN 1928896049)

Available at bookstores.

Most preschoolers love vigorous play, but research shows that they may not continue to be active if they lack foundational skills. Early childhood educators need to ensure that children learn the movement skills necessary to keep them active and healthy throughout childhood and beyond. This book provides guidance on what high quality movement programs should include.

Active Playgrounds

Canadian Intramural Recreation Association – Ontario (CIRA Ontario), 2004

Available through CIRA Ontario, 905-648-2226;
www.ciraontario.com/ehr/page/resources; \$20.00

A great resource featuring over 100 playground games. Six chapters dedicated to games of four square, skipping, hopscotch, clapping, wall and ball games, as well as other old favourites.

Bang For Your Buck

Canadian Intramural Recreation Association – Ontario (CIRA Ontario), 2004

Available through CIRA Ontario, 905-648-2226;
www.ciraontario.com/ehr/page/resources; \$20.00

One hundred games, plus variations, using dollar store supplies. Fifteen chapters of activities using clothespins, foam squares, playing cards, bracelets, stuffed animals, sponges, scarves, popsicle sticks and more.

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for Physical Activity and the Early Years

Building Strong Bones & Muscles: 71 Activities

Graham Fishburne, Heather Anne McKay, Stephen P. Berg, 2005 (ISBN 9780736044868)

Available through Physical and Health Education Canada, 1-800-663-8708;

www.phecanada.ca/store; \$19.25

The book presents a variety of ideas for circuits and stations, games, gymnastics, dance and supplemental activities for ages 4 to 10.

Exercise and Have Fun: Games and Exercises for Parents and Children

Available from Kino-Québec, www.kino-quebec.ca.

Offers examples of activities which blend pleasure and usefulness because they encourage being active with your child.

Fit Kids: A practical guide to raising healthy and active children from birth to teens

Mary Gavin, MD, Steven Dowshen, MD & Neil Izenberg, MD;

Heart and Stroke Foundation of Canada, 2004 (ISBN 0756603498)

Available at bookstores.

Fit Kids is a resource that is full of new ideas to help kids grow up healthy. The book offers tips for parents to become effective role models for their children.

Fun, Fitness and Skills: The Powerful Original Games Approach

Howie Weis, 2007 (ISBN 0736068295)

Available through Physical and Health Education Canada, 1-800-663-8708; www.phecanada.ca/store; \$23.95

93 fresh games with variations that are easy to adjust to all grade and ability levels. The games include warm-ups, fitness and skill games, tag games, as well as games specially designed for students ages 4 to 8.

Games for Motor Learning

Ronald Dienstmann, 2008 (ISBN 9780736074179)

Available through Human Kinetics, 1-800-465-7301;

www.humankinetics.com/products/all-products/games-for-motor-learning; \$21.00

Provides 110 field-tested games. Each game engages kids' minds, keeps them active and moving. It can be used for various skill levels.

Moving and Growing Series

Canadian Child Care Federation (CCCF) and Canadian Institute of Child Health, 2004

Available through CCCF, (613) 729-5289;

www.cccf-fcsge.ca; \$7.00 each book, \$25 for set of four

A series of four books, with exercises and activities, each targeting different age groups, from birth to nine years.

Moving and Learning Series

Rae Pica, 2000 (ISBN 0766816036)

Available in bookstores and at www.movingandlearning.com. Two books are available:

- Preschoolers & Kindergartners
- Moving and Learning Series: Toddlers

A complete movement program featuring 80 movement activities with an audiocassette and a compact disc of original music within 20 developmentally appropriate lessons. The lessons begin with the basics, build on one another and offer toddlers, preschoolers and kindergartners frequent opportunities to experience success.

Resources

for Physical Activity and the Early Years

Moving with a Purpose: Developing Programs for Preschoolers of All Abilities

Renée M. McCall, Diane H. Craft, 2000 (ISBN 0880119764)

Available through Human Kinetics, 1-800-465-7301;

www.humankinetics.com/products/all-products/moving-with-a-purpose; \$30.00

A collection of movement games and activities for preschool-age children, as well as an easy-to-use guide to building movement programs in which every child thrives, including those with special needs.

Sidewalk Chalk. Outdoor Fun and Games

Jamie Kyle McGillian, 2002 (ISBN 0806979054)

Available at book stores; Sterling Publishing Co. Inc.; \$27.95

All you need is some chalk to enjoy these games and activities and have loads of fun. Write words, draw pictures, go on safari – chalk it up to a good time.

Snow Fun – Favourite Canadian Winter Activities

PHE Canada, 2000

Available through Physical and Health Education Canada, 1-800-663-8708;

www.phecanada.ca/store; \$20.00

This resource is a collection of winter physical activities that were gathered from teachers and students from across Canada. Categories include: scavenger hunts, cooperative games, carnival and special days. Each activity outlines the description, objective, skills, age, space/location, duration, equipment and variations. Designed for ages 4 to 12.

Wiggle, Giggle & Shake

Rae Pica, 2001 (ISBN 0876592442)

Available through Physical and Health Education Canada,

1-800-663-8708; www.phecanada.ca/store; \$23.95

Enhance your classroom with 200 movement-inspired activities for children ages four to eight. Activities included will encourage children to think and solve problems, to recognize and explore their feelings and to participate physically in their own learning. Thirty-eight popular classroom themes include transportation, occupations, seasons, animals and holidays and celebrations.



Resources

for Physical Activity and the Early Years

Videos and CDs

Catch a Brain Wave Fitness Fun – CD

Available through Physical and Health Education Canada, 1-800-663-8708; www.phecanada.ca/store; \$19.95
CD with verbal instructions to guide the movements to a unique musical collection. A bonus section offers song lyrics and melodies for listening, creative, movement and relaxing. Recommended for ages 4 to 9.

Chase a Rainbow – CD

Available through Physical and Health Education Canada, 1-800-663-8708; www.phecanada.ca/store; \$12.71
Chase a Rainbow is intended to enhance the daily curriculum for music specialists, classroom teachers and child care workers as well as provide a fun teaching tool for parents. As in "Stories, Songs and Silly Stuff" and "Teddy Bear Tales" Chase a Rainbow has attempted to offer a variety of musical styles. The CD is sold individually or as part of a kit.

F.I.T. Breaks: Fun-Innovative-Time for the Classroom – DVD

Available through Physical and Health Education Canada, 1-800-663-8708; www.phecanada.ca/store; \$39.95;
A F.I.T. (Fun-Innovative-Time) Break is a simple, theme-related period of light physical activity, usually of 3 to 10 minutes duration, moving participants from a sedentary state-often a sitting position-to one of gentle physical activity and back again, ready to continue learning or working. F.I.T. Breaks can be used in many different ways with both small and large groups in the classroom, the gym, the school assembly hall and outdoors. F.I.T. Breaks can be teacher-led or student-led; they can be spontaneous or planned; theme- or activity-related; they can be used as a stand-alone activity or they can be integrated with the curriculum. This video is suitable for all ages.

Fun Classroom Fitness Routines Ages 4 to 9 – DVD

Available through Human Kinetics, 1-800-465-7301 (ISBN 9780736074308)
www.humankinetics.com/products/all-products/fun-classroom-fitness-routines-ages-4-to-9-dvd; \$22.95;
Fun Classroom Fitness Routines: Ages 4 to 9 can be used by classroom and educators who have limited space and physical education time, to help them meet mandates on minutes of physical activity time.

Miss Barbara's Pirate Adventure - DVD

Available at www.creativemovementkids.com
Using creative movement and an adventure story, this video will get children off the couch and moving, while engaging their imaginations and own creativity.

My Kids First Coach: Exercise Video for Babies, Toddlers and Children – DVD

Available at www.mykidsfirstcoach.com
The video contains 3 workouts geared to children of different ages and seeks to improve strength, flexibility and coordination in young children.

Sesame Street – Videos

Sesame Street. Available at retail stores or check your local library.
A series of videos to engage young children in doing physical activity. Titles include: Get Up and Dance, Zoe's Dance Moves, Elmocize, Happy Healthy Monsters and Sesame Street Song – Dance Along.

Resources

for Physical Activity and the Early Years

Organizations - Resources and Services

Organization	Resources and Services
Active Healthy Kids Canada www.activehealthykids.ca	<p><i>This organization provides information on the trends in physical activity for Canadian children and youth. Over the past few years, they have produced a series of Report Cards, highlighting areas which could be improved and made recommendations to policy-makers, parents, educators and professionals.</i></p>
Active Living Alliance for Canadians with a Disability www.ala.ca	<p><i>Physical activity information and resources for people with a disability. A section of their website is on accessible play spaces and equipment for children.</i></p>
Alberta Centre for Active Living www.centre4activeliving.ca	<p><i>Features research updates, articles and fact sheets about a variety of active living topics. Also offers a free electronic bulletin.</i></p>
Alberta Health Services, www.albertahealthservices.ca	<p>Healthy Preschoolers: A Guide to Writing Nutrition and Physical Activity Policies & Procedures – <i>This guide explains in detail how to develop policies and procedures, starting with forming a committee to evaluating the policy.</i> www.achsc.org/download/2009/HAAC_Guide_FINAL.pdf</p>
Best Start Resource Centre www.beststart.org	<p><i>Best Start: Ontario's Maternal, Newborn and Early Child Development Resource Centre supports service providers in Ontario working on health promotion initiatives to enhance the health of expectant and new parents, newborns and young children.</i></p> <p>Have a ball together! – <i>This website has information on the awareness campaign done by the Best Start Resource Centre on physical activity and early years. The parent resource activity cards, brochure, bookmark, sticker sheets can be downloaded from this site. Aboriginal adaptations are also available. 2009</i> www.beststart.org/haveaballtogether www.haveaballtogether.ca</p> <p>Let's be Healthy Together! – <i>A toolkit and training for Ontario's service providers around the issue of preventing obesity in Ontario's First Nations, Inuit, and Métis children and resources for Aboriginal parents and families. 2010</i> www.beststart.org/aboriginal www.letsbehealthy.ca</p>

Resources

for Physical Activity and the Early Years

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<p>Bright Futures www.brightfutures.org</p>	<p>Bright Futures in Practice: Physical Activity – Provides developmental guidelines on physical activity for the periods of infancy through adolescence. The guide provides current information on screening, assessment and counselling to promote physical activity and to meet the needs of health professionals, families and communities. www.brightfutures.org/physicalactivity/pdf</p>
<p>Canadian Academy of Sport Medicine (CASM) www.casm-acms.org</p>	<p>Physical Inactivity in Children and Adolescents – This discussion paper outlines the concerns of CASM regarding the increase in sedentary activity and the declining fitness of children in Canada. 2004 www.casm-acms.org/forms/statements/final_inactivity_disc.pdf</p>
<p>Canadian Association for the Advancement of Women and Sport and Physical Activity www.caaws.ca/mothersinmotion</p>	<p>Mothers in Motion – A website for women who want to lead healthy lifestyles and mentor their children to do the same, with a focus on physical activity and healthy eating. It includes sections for toddlers, preschoolers and adolescents.</p>
<p>Canadian Association of Family Resource Programs www.frp.ca</p>	<p>The association promotes the well-being of families by providing national leadership, consultation and resources to those who care for children and support families. Their website links to www.parentsmatter.ca, which offers many downloadable fact sheets for parents and www.welcomehere.ca, which has multilingual resources for new parents.</p>
<p>Canadian Child Care Federation www.cccf-fcsge.ca</p>	<p>Offers information and resources related to childcare issues. Their website provides information on the Moving and Growing series, a Physical Activity CD (resource sheets, workshops) and a large number of parent tip sheets.</p>

Resources

for Physical Activity and the Early Years

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<p>Canadian Institute for Health Information www.cihi.ca</p>	<p><i>This organization offers a variety of publications and resources for parents and professionals on a number of topics related to children and youth.</i></p> <p>Improving the Health of Young Canadians – <i>The first report in the Improving the Health of Canadians 2005-2006 Report Series, highlights research relevant to understanding adolescent health and development. Analyzing data from the National Longitudinal Survey of Children and Youth (NLSCY) and the Canadian Community Health Survey (CCHS), this report explores the association between positive assets in adolescents' social environments and their health behaviours and outcomes. 2005, ISBN 1-55392-680-3</i> https://secure.cihi.ca/free_products/IHYC05_webRepENG.pdf</p> <p>Improving the Health of Canadians: Promoting Healthy Weights – <i>Promoting healthy weights and treating obesity is a complex issue that involves a variety of factors including genetics and personal choices as well as our social, cultural, physical and economic environments. Improving the Health of Canadians: Promoting Healthy Weights, the second individual report in the Improving the Health of Canadians 2005-2006 Report Series, looks at the features of the environments in which we live, learn, work and play that make it easier – or harder – for us as Canadians to make choices that promote healthy weights. 2006, ISBN 1-55392-773-7.</i> https://secure.cihi.ca/free_products/healthyweights06_e.pdf</p>
<p>Canadian Sport for Life www.canadiansportforlife.ca</p>	<p><i>This website offers information explaining the importance of sport for all ages and stages by giving children the skills that they need to develop physical literacy for both healthy life long enjoyment and for sporting success.</i></p> <p>Active Start, Ages 0-6 – <i>Offers a number of downloadable fact sheets for parents and videos on the importance of physical activity in the first 6 years of life.</i> www.canadiansportforlife.ca/ltad-stages/active-start</p>

Resources

for Physical Activity and the Early Years

Organization	Resources and Services
<p>Canadian Paediatric Society www.cps.ca</p>	<p>Caring for Kids – A website containing information on caring for children beginning at birth. Includes information about healthy eating and physical activity. www.caringforkids.cps.ca</p> <p>Healthy active living: Physical activity guidelines for children and adolescents – This position statement encourages physicians to be aware of the importance of lifestyle habits as major contributors to increased adult morbidity and mortality from chronic diseases. Through this position statement, they are encouraged to provide anticipatory guidance to families and promote healthy active living in their practices. 2012 www.cps.ca/documents/position/physical-activity-guidelines</p>
<p>Canadian Society for Exercise Physiology www.csep.ca</p>	<p>The Canadian Society for Exercise Physiology (CSEP) is the national association for physical activity, health and fitness research and personal training in Canada.</p> <p>Canadian Physical Activity Guidelines – Canadian Sedentary Behaviour Guidelines – The guidelines are available for Early Years 0-4, Children 5-11, Youth 12-17, Adults 18-64 and Older Adults 65 years and older. 2012 www.csep.ca/english/view.asp?x=804</p>
<p>Centers for Disease Control and Prevention www.cdc.gov/nccdphp/dnpa</p>	<p>This U.S. – based website covers a wide range of topics, including a section dedicated to issues related to physical activity for all age groups.</p>
<p>Centre of Excellence for Early Childhood Development www.excellence-earlychildhood.ca</p>	<p>The mandate of the Centre of Excellence for Early Childhood Development (CEECD) is to foster the dissemination of scientific knowledge about the social and emotional development of young children and the policies and services that influence this development. Their website contains scientific knowledge on children’s obesity issues and recommendations to address it.</p>
<p>Dietitians of Canada www.dietitians.ca</p>	<p>This site offers some resources to help parents and childcare providers learn more about the nutrition and physical activity needs of preschoolers. They include various fact sheets and a nutrition and a physical activity planner. On the website, select Your Health, Nutrition A-Z and Children.</p>

Resources

for Physical Activity and the Early Years

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<p>Eastern Ontario Health Unit www.eohu.ca</p>	<p>Physical Activity for Infants (Ages 0-12 months) Physical Activity for Young Children (Ages 1-5 years) – <i>These fact sheets contain guidelines and suggestions for activities for parents to do with young children.</i> www.eohu.ca/files/resources/resource789.pdf www.eohu.ca/files/resources/resource790.pdf</p>
<p>Kingston, Frontenac, Lennox and Addington Health Unit www.kflapublichealth.ca</p>	<p>Always Active! Moms, Babies and Families – <i>A guide to safe physical activity for pre- and postnatal mothers and babies, that also includes pregnancy do's and don'ts, stretches and guidelines for aerobic activity. 2008</i> www.kflapublichealth.ca/Files/Resources/always_active.pdf</p>
<p>Leisure Information Network (LIN) www.lin.ca</p>	<p><i>Collects and disseminates knowledge on many areas related to leisure. Has an extensive database which can be searched in many ways at www.lin.ca.</i></p>
<p>LEAP BC www.2010legaciesnow.com/leap_bc/</p>	<p>MOVE and HOP – <i>A set of resources for families, caregivers and early learning practitioners, integrating literacy, education, activity and play. The resource Move is for children 0 to 3 years of age; the resource Hop is for children 3 to 5 years of age.</i> www.decoda.ca/children-families/leap-bc/</p>
<p>Manitoba in Motion www.manitobainmotion.ca</p>	<p><i>Manitoba In Motion is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health and enjoyment.</i></p> <p>Kids in Motion – <i>An Early Start to Physical Activity for Babies, Toddlers and Preschoolers – This booklet offers many suggestions for parents and caregivers to help them integrate physical activity in their family's life.</i> www.manitobainmotion.ca/about/resources</p>
<p>Mothercraft College www.mothercraft.ca</p>	<p>Growing Healthy Canadians: A Guide to Positive Child Development – <i>This guide was created to promote and illustrate the idea that the healthy development of children and youth is a shared responsibility. This guide offers a unique perspective on how best to promote the well-being of young people.</i> www.growinghealthykids.com</p>

Resources

for Physical Activity and the Early Years

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Moving and Learning www.movingandlearning.com	<i>A website focusing on birth to age eight, featuring articles, books and physical activity programs and ideas.</i>
Nova Scotia – Health Promotion and Protection www.gov.ns.ca/hpp	<p>Active Living for Early Childhood – Provides suggestions and recommendations that may assist childcare centres to develop programs and methods that encourage children to increase their physical activity. 2005 www.gov.ns.ca/hpp/publications/ChildCarePhysActivityResource1.pdf</p> <p>Active Kids Healthy Kids Strategy – Active Kids Healthy Kids (AKHK) is a strategic and comprehensive multi-year plan for improving physical activity opportunities and increasing participation rates for infants to 18-year olds. It recognizes the integral role of family and therefore has some emphasis on awareness, education and entry-level activity for the adult members of family. 2007 www.gov.ns.ca/hpp/pasr/akhk-strategy.asp www.gov.ns.ca/hpp/publications/AKHK-Strategy.pdf</p>
Nutrition Resource Centre www.nutritionrc.ca	<i>The Nutrition Resource Centre (NRC) supports nutrition practitioners in Ontario to deliver quality nutrition programming. From their website, you can download many healthy eating and physical activity resources for young children, including BusyBodies, at www.nutritionrc.ca/resources/nrc-english.html.</i>
Ontario Physical and Health Education Association (Ophea) www.ophea.net	<i>Supports schools and communities. Offers many resources on its database at www.ophea.net/programs-services/ophea-resources.</i>
P.E. Central www.pecentral.org	<i>This is a U.S.-based website for health and physical education teachers, parents and students. It offers suggestions for activities, books, lesson plans and the latest information about developmentally appropriate physical education programs for all ages, including early years.</i>
Physical Activity Resource Centre (PARC) http://parc.ophea.net/	<i>The Physical Activity Resource centre provides support to physical activity promoters across Ontario through consultations, training, networking and knowledge sharing.</i>

Resources

for Physical Activity and the Early Years

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<p>Public Health Research, Education and Development Program (PHRED) www.phred-redsp.on.ca</p>	<p>Effectiveness of Physical Activity Enhancement and Obesity Prevention Programs in Children and Youth – <i>This systematic literature review provides some national policy direction related to the effectiveness of interventions for promoting healthy weight, preventing overweight/obesity and increasing physical activity among school-aged children and youth. 2004</i> www.health-evidence.ca/articles/show/16121</p>
<p>PlaySport www.playsportscanada.com</p>	<p><i>PlaySport is focused upon the development of the whole child. The developmental games within this website have been designed to help kids, ages six to twelve, develop an understanding and competency of the skills and tactics associated with playing sports while at the same time, developing important skills that can be transferred to other aspects of their lives.</i></p>
<p>Safe Kids Canada www.safekidscanada.ca</p>	<p><i>Safe Kids Canada promotes effective strategies to prevent unintentional injuries. Credible programs and messages based on research are delivered through community partners.</i></p>
<p>Specialink – The National Centre for Child Care Inclusion www.specialinkcanada.org</p>	<p><i>An organization providing information on inclusive childcare. Offers a newsletter, fact sheets, books, videos, as well as a speakers' bureau.</i></p>
<p>Sport and Recreation New Zealand www.sparc.org.nz</p>	<p>Active Movement – <i>Offers a variety of brochures on topics linked movement in the early years of life: walking, running, jumping, balance, catching, throwing, kicking, etc. Also has a series of videos on how to get kids more active.</i> www.sportnz.org.nz/en-nz/Information-For/Parents/</p>
<p>Toronto Public Health www.toronto.ca/health</p>	<p>Fun and Physical Activity – <i>A resource for families and caregivers with children 0-4 years. Contains tips for being active and a series of exercises.</i> www.toronto.ca/health/newfun.pdf</p> <p>Moving on the Spot – <i>A collection of five and ten minute stretch and movement sessions for young children. One resource is for parents and the other one is for teachers.</i> www.toronto.ca/health/movingonthespot</p>