

Resources

for Physical Activity and the Early Years

This section provides a listing of books, manuals, videos, CDs, downloadable resources and websites focusing on physical activity and nutrition.

Books and Manuals

500 Five-Minute Games Jackie Silberg, 1995

Available through Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), 1-800-663-8708; www.cahperd.ca; \$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

Available through Human Kinetics, 1-800-465-7301; www.humankinetics.com; \$28.50

Most preschoolers love vigorous play, but research shows that they may not continue to be active if they lack a foundation of 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, 905-575-2083; www.mohawkc.on.ca/external/cira/resource.html; \$30.00

A great resource featuring over 100 playground games. Six chapters dedicated to games of: Four Square, Skipping, Hopscotch, Clapping, Wall & Ball Games, and other Old Favourites.

Bang For Your Buck

Canadian Intramural Recreation Association - Ontario, 2004

Available through CIRA Ontario, 905-575-2083; www.mohawkc.on.ca/external/cira/resource.html; \$25.00

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.

Feeling Great: Teaching Children to Excel at Living

Terry Orlick, 1998

Available through CAHPERD, 1-800-663-8708; www.cahperd.ca; \$21.95

Provides ideas and more than 100 fun-filled games and activities to help children draw something positive out of each day, cope effectively with stress, perform closer to their potential, and approach life with a stronger sense of self-confidence.

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

Available at book stores (ISBN 1-55363-039-4)

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.

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Growing Up Through Games and Play

Lehnert and Lachmann, 1990

Available through CAHPERD, 1-800-663-8708; www.cahperd.ca; \$26.95

A resource for child care staff caring for three to six year olds containing more than 600 exercises and activities to help develop a child's basic movement skills such as skipping, throwing, catching, and climbing.

Hip Hop Happy Adventures in Physical Activity for 3-5 year olds

Mary Campbell, 1996

Available through Serious Fun Enterprises; 613-925-5363; \$15.00

The book is divided into components including Benefits, Program Planning, Music/Action Rhymes, Active Games, Components of Active Games (e.g. warm up), Rhythm, Balance, Coordination, Creativity, and Sample Lesson Plans.

Movement ABCs: An Inclusive Guide to Stimulating Language Development

Jolanda Hengstman, 2001

Available through Human Kinetics, 1-800-465-7301; www.humankinetics.com; \$22.00

Provides a wealth of developmentally appropriate movement activities tailored for children ages three to six. The book features an integrated curriculum approach, incorporating a variety of creative themes.

Moving and Growing Series*

Canadian Child Care Federation and Canadian Institute of Child Health; 2004

Available through the following organizations: CCCF: (613) 729-5289; CICH: (613) 230-8838; www.cccf-fcsge.ca/publications/movingandgrowing_en.htm#1; \$8.00 each book

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

** Moving and Growing Physical Activities for Twos, Threes and Fours is included in this Toolkit.*

Moving and Learning Series: Preschoolers & Kindergartners

Moving and Learning Series: Toddlers

Rae Pica, 2000

Available in book stores or at www.amazon.com

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.

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

Renée M. McCall, Diane H. Craft, 2000

Available through Human Kinetics, 1-800-465-7301; www.humankinetics.com; \$25.00

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.

Purposeful Play: Early Childhood Movement Activities on a Budget

Renée M. McCall, Diane H. Craft, 2004

Available through Human Kinetics, 1-800-465-7301; www.humankinetics.com; \$28.50

The book features 36 energizing activities and 104 classroom-tested variations that use commonly available materials and require minimal space. The activities will help preschool through early elementary age children learn movement, fitness, and nutrition skills and concepts, and have lots of fun doing it!

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Sidewalk Chalk. Outdoor Fun and Games

Jamie Kyle McGillian, 2002

Available at book stores (ISBN: 0-8069-7905-4); 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

Canadian Intramural Recreation Association, 2000

Available through CAHPERD, 1-800-663-8708; www.cahperd.ca; \$20.00

This resource is a collection of fun, 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.



Wiggle, Giggle & Shake

Rae Pica, 2001

Available through CAHPERD, 1-800-663-8708; www.cahperd.ca; \$33.95

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.

Free Downloads



activ8 - module for 4 - 5 year olds

Active Healthy Kids Canada; www.activehealthykids.ca; www.activ8.org

activ8 is a national, curriculum-based, physical activity challenge program that helps children and youth of all abilities develop their fitness and skill levels. activ8 consists of eight pre-planned lessons for each grade including warm-ups, cool-downs and fun physical activity challenges.



Active Living for Early Childhood

Nova Scotia Office of Health Promotion, Sport and Recreation Division; www.gov.ns.ca/ohp;
www.gov.ns.ca/ohp/srd/activekidshealthykids/resources.htm

Provides suggestions and recommendations that may assist child care centres to develop programs and methods that encourage children to increase their physical activity.



Active Minds Active Bodies

Halton Active Living Network; www.choices4health.org; www.lin.ca/resource/html/activeminds.pdf
A comprehensive list of books with positive physical activity messages.



Always Active! Moms, Babies and Families

Kingston, Frontenac, Lennox and Addington Health Unit; www.healthunit.on.ca;
www.healthunit.on.ca/pdf/active.pdf

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. Also on CD.

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An Introduction to Active Movement

Sport and Recreation New Zealand; www.pushplay.org.nz
www.sparc.org.nz/publications/pdfs/pp/active_movt_070504.pdf

This book is designed to raise awareness about the importance of movement in the early years of life. It explores the role that movement plays in human development and shows how active movement is essential for helping a child reach his/her potential.

Bright Futures in Practice: Physical Activity

Bright Futures; www.brightfutures.org; www.brightfutures.org/physicalactivity/pdf/index.html

Provides developmental guidelines on physical activity for the periods of infancy through adolescence. The guide provides current information on screening, assessment, and counseling to promote physical activity and to meet the needs of health professionals, families, and communities.

Fact Sheets

Canadian Child Care Federation; www.cccf-fcsge.ca;
www.cccf-fcsge.ca/publications/resourcesheets_en.html

Fact Sheets on a number of different topics including physical activity and nutrition.

Fun and Physical Activity

Toronto Public Health; www.toronto.ca; www.toronto.ca/health/newfun.pdf

A resource for families and caregivers with children 0 - 4 years. Contains tips for being active and a series of exercises.

Growing Healthy Canadians: A Guide to Positive Child Development

www.growinghealthykids.com

This Guide was created to promote and illustrate a simple idea: that the healthy development of children and youth is a shared responsibility. This guide offers not only a rich source of information, but also a unique perspective on how best to promote the well-being of young people.

Kids in Action

Fitness for Children – Birth to Age Five

President's Council on Physical Fitness and Sports; National Association for Sport and Physical Education;
www.fitness.gov; www.fitness.gov/funfit/kidsinactionbook.pdf

This resource contains simple ideas for physical activities that parents and caregivers can use with children to create the foundation for lifelong healthy behaviours. The booklet presents physical activities for infants, toddlers, and preschoolers.

Movability

Ontario Physical and Health Education Association; www.ReadySetGo.org (see *Offline Activities*)

Movability (originally in binder format) provides a number of different physical skills for children three months to five years.

Moving on the Spot

Toronto Public Health Department; www.toronto.ca;
www.ophea.net/parc or www.toronto.ca/health/movespot.pdf

A collection of five-minute stretch and movement sessions for young children.

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Physical Activity for Infants (Ages 0-12 months) and Physical Activity for Young Children (Ages 1-5 years)

Eastern Ontario Health Unit; www.eohu-bseo.on.ca

These fact sheets contain Guiding Principles for Physical Activity, Benefits Statements, Physical Development Charts and Frequently Asked Questions.

Reports

Active Start: A Statement of Physical Activity Guidelines for Children Birth to Five Years

National Association for Sport and Physical Education (NASPE), 2002; www.aahperd.org/naspe

These are the NASPE's guidelines for physical activity for infants, toddlers, and preschoolers.

Effectiveness of Physical Activity Enhancement and Obesity Prevention Programs in Children and Youth

Public Health Research, Education, and Development Program (PHRED), 2004

Available through City of Hamilton Public Health and Community Services Department, 2 King St. W., Dundas, Ontario, L9H 6Z1 or visit: www.hamilton.ca/phcs/ephpp/

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.

Healthy Active Living for Children and Youth Position Statement

Canadian Paediatric Society, Healthy Active Living Committee; www.cps.ca
Paediatrics & Child Health 2002; 7(5):339-345. (Reference No. HAL02-01)

Poor lifestyle habits, such as unhealthy eating and physical inactivity, are major contributors to increased adult morbidity and mortality from chronic diseases. Over the past decade there has been an increase in sedentary lifestyle and obesity in children and adolescents, both in North America and worldwide. Physicians need to be aware of the scope of this problem, provide anticipatory guidance to families and promote healthy active living in their practices.

Healthy Weights Healthy Lives – 2004 Chief Medical Officer of Health Report*

Ontario Ministry of Health and Long-Term Care; Call INFOLine: 1-800-461-2036 or www.health.gov.on.ca

This report describes the relationship between physical activity, nutrition and healthy weights and the current status of healthy weights in Ontario. It provides a number of recommendations for different sectors.

* included in this Toolkit

Overweight and Obesity in Canada: A Population Health Perspective

Canadian Institute for Health Information, August 2004; (613) 241-7860; www.cihi.ca

The purpose of this paper is to synthesize the current state of knowledge related to the nature and extent of the problem of obesity; the impact of obesity as a case for prevention and control; a population health perspective on the determinants of obesity; and the effectiveness of strategies for addressing obesity and its determinants.

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 **Physical Activity and Health: A Report of the Surgeon General**
Centers for Disease Control/Department of Health and Human Services, 1996.
1-888-232-4674 or www.cdc.gov/nccdphp/dnpa/


This landmark report, released at the time of the Olympic Games in Atlanta, addressed the issues of physical inactivity and provided recommendations. It provided the basis for growing research and reports in Canada.


Videos and CDs


 **Funland Band - Music - different titles**
www.funlandband.com


Music that promotes active movement.


 **Get Up and Dance - Video**
Sesame Street; Available at retail stores or check your local library
Big Bird throws a dance party and shows children his favourite dances.

 **Monkeys Don't Wear Shoes - CD**
Stretch & Grow; 33490 Mississauga Road, Unit 236, Mississauga, ON L5L 1J7;
Order by phone 1-800-892-5742 or fax 905-456-1153; www.workoutwithticker.com
A CD featuring 32 minutes of music and 14 exercise songs for children two to six years of age.

 **Rainbow Fun - CD***
Call your local Public Health Department; Free or on a cost-recovery basis
This is a CD showing different exercises and activities that can be done with a group of children indoors or outdoors. It includes warm up, strength, flexibility, and endurance activities.
* Included in this Toolkit

 **SS Elmocize - Video**
Sesame Street; Available at retail stores or check your local library
Elmo's exercise camp features children and Muppets bending, stretching and getting fit.

 **Wiggle Time - Video**
The Wiggles; Lyrick Entertainment, 1999; Available at retail stores or check your local library
This 40-minute video features 16 fun songs to dance, wiggle and teach song-specific movements and lyrics.

 **Workout with Ticker – Video and other products**
Stretch & Grow; 33490 Mississauga Road, Unit 236, Mississauga, ON L5L 1J7;
Order by phone 1-800-892-5742 or fax 905-456-1153; www.workoutwithticker.com
This video includes a 30-minute workout including a warm-up, cardio and cool down for children ages two to seven years. This website also features a number of other physical activity resources.

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Websites



Active Healthy Kids Canada

www.activehealthykids.ca

Information on programs, trends in physical activity.



Active Living Alliance for Canadians with a Disability

www.ala.ca

Physical activity information and resources for people with a disability.



Alberta Centre for Active Living

www.centre4activeliving.ca

Features research updates, articles and fact sheets about a variety of active living topics. You can also join a listserv.



Best Start Resource Centre

www.beststart.org

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.



Bright Futures

www.brightfutures.org; www.brightfutures.org/physicalactivity/pdf/index.html

A U.S. based health-promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, child, family, and community. The mission of Bright Futures is to promote and improve the health and well being of infants, children, and adolescents.



Canadian Association of Family Resource Programs

www.frp.ca

The association promotes the well-being of families by providing national leadership, consultation and resources to those who care for children and support families.



Canadian Child Care Federation

www.cccf-fcsge.ca

Information and resources related to child care issues.



Canadian Health Network

www.canadian-health-network.ca/1children.html

This searchable database contains information about child health and development, including information on play, learning, behaviour, parenting, nutrition, and safety. It addresses a multitude of health topics.



Canadian Institute of Child Health

www.cich.ca

Includes a variety of publications and resources for parents and professionals on a number of topics related to children and youth.

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Caring for Kids - Canadian Paediatric Society

www.caringforkids.cps.ca

Information on caring for children beginning at birth. Includes information about healthy eating and physical activity.



Centers for Disease Control and Prevention

www.cdc.gov/nccdphp/dnpa

Covers a wide range of topics; has a website dedicated to issues related to physical activity.



Centre of Excellence for Early Childhood Development

www.excellence-earlychildhood.ca

The mission of the Centre of Excellence for Early Childhood Development (CEECD) is to improve people's knowledge of the social and emotional development of young children. CEECD's mandate 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. It also includes formulating recommendations on the services needed to ensure optimum early childhood development.



Child and Family Canada

www.cfc-efc.ca

Fifty Canadian non-profit organizations have come together under the banner of Child & Family Canada to provide quality, credible resources on children and families on an easy-to-navigate website. The managing partner of the consortium is the Canadian Child Care Federation.



Healthy Babies Healthy Children

www.health.gov.on.ca/english/public/pub/child/hbabies/hbabies.html

Focuses on prevention and early intervention for families with children from before birth up to six years of age, including support and services.



High Five - Parks and Recreation Ontario

www.highfive.org

Designed to support the safety, well-being, and healthy development of children in recreation and sport programs by providing parents and professionals with tools, training, and resources that promote and support the principles of healthy child development.



Invest in Kids

www.investinkids.ca

Resources and information for parents about healthy child development and parenting.



Mothers in Motion

Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS);
www.caaws.ca/mothersinmotion

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.

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Moving and Learning

Rae Pica; www.movingandlearning.com

A website focusing on birth to age eight, featuring articles, books and physical activity programs and ideas.



National Association for the Education of Young Children

www.naeyc.org

A search for “Active For Life” will bring up numerous links to creating environments for movement and physical activity equipment ideas.



Nutrition Resource Centre

www.nutritionrc.ca

The Nutrition Resource Centre (NRC) supports nutrition practitioners in Ontario to deliver quality nutrition programming.



P.E. Central

www.pecentral.org

This is a U.S. based website for health and physical education teachers, parents, and students. The goal of the site is to provide the latest information about developmentally appropriate physical education programs for children and youth.



Physical Activity Resource Centre

www.ophea.net/parc

Features a workshop about physical activity and the early years including downloadable materials. Information is also available in the sections entitled: “PARC Bench” and “FAQs”.



Ready Set Go

Ontario Physical and Health Education Association (OPHEA); www.readysetgo.org

A website for families to visit to learn more about sports for kids.



Safe Kids Canada

www.sickkids.ca/safekidscanada

Safe Kids Canada promotes effective strategies to prevent unintentional injuries. Credible programs and messages based on research are delivered through community partners.




Search Institute

www.search-institute.org/assets/

Search Institute is an independent non-profit organization whose mission is to provide leadership, knowledge, and resources to promote healthy children, youth, and communities. To accomplish this mission, the Institute generates and communicates new knowledge, and brings together community, state, and national leaders. At the heart of the Institute's work is the framework of 40 Developmental Assets, which are positive experiences and personal qualities that young people need to grow up healthy, caring, and responsible.

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 **Specialink - The National Centre for Child Care Inclusion**
www.specialinkcanada.org

A resource and research helpline providing personalized responses to specific questions, referrals to other organizations, and sources of help, information, and technical assistance. Provides the Specialink newsletters, fact sheets, books, and videos, as well as a speakers bureau, and maintains a network of key mainstream child care advocates across the country.

 **Your Kids are Listening**
City of Toronto Public Health Department and Peel Public Health;

www.city.toronto.on.ca/health/children/healthy_weights.htm and www.peelregion.ca/health/obesity
A website for parents of children ages three to six with respect to healthy weights. It aims to increase parent's awareness about the role they play in promoting healthy eating, physical activity and self-esteem.

Nutrition Resources and Reports

 **Call to Action: Creating a Healthy School Nutrition Environment**
Ontario Society of Nutrition Professionals in Public Health; www.osnpph.on.ca

The Call to Action challenges the provincial government, boards of education, school communities and public health to acknowledge and act on their roles in establishing an environment that is supportive of healthy eating in Ontario schools.

 **Canada's Food Guide to Healthy Eating. Focus on Preschoolers***
www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_preschoolers_e.html


Health Canada; Available by calling 613-663-5317, Ext. 2220
Includes information on healthy eating for preschoolers: How preschoolers approach eating, energy for growth, development and activity, appropriate servings, and striving for variety.
* Included in this Toolkit

 **Dairy Farmers of Ontario**
www.teachnutrition.org

A continuing education site for Preschool to Grade 10 teachers that provides curriculum-based, fun and interactive teacher-tested activity ideas; the new Ontario Health and Physical Education Curriculum as well as other curriculum expectations, and information to meet your professional practice knowledge needs.

 **Healthy Start for Life - Keeping Active Together Planner**
Dietitians of Canada

www.dietitians.ca/healthystart
Resources on this site were developed to help parents and child care providers learn more about the nutrition and physical activity needs of preschoolers. These resources also provide helpful strategies to ensure that preschoolers eat well and keep active on a daily basis.

 **How to Feed Your Growing Child**
Best Start Resource Centre

www.beststart.org; www.beststart.org/resources/nutrition/index.html
Provides a resource about nutrition for children ages one to five.

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Mission Nutrition

www.missionnutrition.ca

An educational program designed to promote children's healthy growth and development, produced by Dietitians of Canada and the team of Registered Dietitians at Kellogg Canada Inc.



Nutrition For Young Children (ages 1 - 6) in Community Settings: Best Practice Guidelines (Report)

Simcoe County Nutrition Task Group; For more information, email: mothercr@csolve.net

This report was produced for professionals in the early years sector. The task group is currently working on an addition to the resource which will include guidelines for children from birth to one year of age.



The National Eating Disorder Information Centre

www.nedic.ca

This non-profit organization provides information and resources on eating disorders and weight preoccupation.