

## **CREATIVE CORNERS**

## **PHYSICAL ACTIVITY PLAN**

## **2021-22 SCHOOL YEAR**

**Minimum Standards: as of July 2021, requiring a formal plan for active play in all classes**

**New §746.2206:**

- Outlines the activities a child-care center must include in a written activity plan and requires the child-care center to include the approximate times of the activities in the plan. New requirements include:
  - o *A minimum of two opportunities for outdoor play, weather permitting, for:*
    - An amount of time as tolerated by an infant birth through 12 months of age; and
    - *A minimum of 60 total minutes daily for an infant 13 months through 17 months of age, a toddler, or a pre-kindergarten age child;*
      - Fridays (20 minutes of outdoor play for part-time programs)
      - May divide total minutes of outdoor play into shorter periods that total 60 minutes
  - o Indoor and outdoor active and quiet play, which must **include moderate to vigorous** active play for:
    - *A minimum of 60 minutes for toddlers; and*
    - *A minimum of 90 minutes for pre-kindergarten age children; and*
  - o **Caregiver-initiated activities, two of which promote movement.**
    - Includes activity requirements for child-initiated activities, regular meal and snack times, and supervised naptimes or rest times that were previously required in §746.2205; and

**Amended §746.2507:**

- Specifies that all required activities, not just outdoor play, be offered daily for **TODDLERS**;
  - (1), requires opportunities for outdoor play occur as required in §746.2206;
  - (5), *expands active play requirements to include moderate to vigorous active play; and*
  - Include small and large muscle development

**Amended §746.2707:**

- Specifies that all required activities, not just outdoor play, be offered daily;
- (4), replaces tape recorders and CD players with puzzles or interlocking building blocks as examples of age-appropriate activities that promote small muscle development; and Updates language and punctuation throughout the rule.

**Amended §746.2805:**

- Expands the list of prohibited discipline and guidance measures to include withholding active play or keeping a child inside as a consequence for behavior, unless the child's behavior during active play requires a brief supervised separation or time out as allowed in §746.2803(4)(D) of the subchapter;

### Physical Activity Plan:

Creative Corners is a Mother's Day out, Pre-school and private Kindergarten in League City, TX. There are eight classrooms in the building, a large gym, outdoor playground and outdoor fenced area without a playground. There is large, covered walkways that are accessible for outdoor activities as well. All classrooms with the exception of kindergarten have a theme-based curriculum with centers as a major part of the curriculum where independent active play is encouraged. Teachers formally lead the warm up of the day which includes group play, calendar, USA and Texas pledges and independent work. Chapel time is spent in group learning and activity.

Creative Corners students are on campus Monday through Thursday for 5 hours and Fridays for 3 hours. To implement the new requirements of active play from Minimum Standards the following is required:

- A minimum of 60 minutes of outdoor play (weather permitting) for 18 months – 4-years-old.
- A minimum of 90 minutes of outdoor play (weather permitting) for kindergarten students
- A minimum of 20 minutes on Fridays when center is open part-time (4 hours)
- If the weather is not favorable to outdoor play the gym is used for active learning time.
- Children are offered play through-out the day as well as the outdoor play requirement, such as;
  - Centers
  - Free time
  - Group instruction/play
- Teacher driven activities must include:
  - Promotion of movement
  - Must include moderate to vigorous activities
- Children may not be pulled from active play for discipline. If anything, they are pulled long enough to re-direct behavior of child.

An example of the children's day looks like the following:

- Every morning class begins with warm-up activity generally at a table.
- The classes then sing morning songs and dance, say the pledges, have calendar time and morning prayer.
- Centers and free play with a common thematic curriculum are done throughout most of the day.
- These activities in the class room include fine and gross motor skills.
- Outside/Inside Recess includes some free play and structured, teacher-led activities.
- These periods of activities are noted in the Daily Schedule.

#### **RULE OF THUMB:**

a person doing moderate-intensity aerobic activity can talk, but not sing, during the activity. A person doing vigorous-intensity activity cannot say more than a few words without pausing for a breath.

## **WHY DO YOUNG CHILDREN NEED STRUCTURED PLAY TIME?**

According to Dr. Craft's Active Play:

- Overweight children are more likely to grow into overweight adolescents and adults.
- Overweight children are more likely to develop Diabetes 2, high blood pressure, bone and joint problems, and weak immune systems.
- They are more likely to sleep poorly
- More likely to be teased by others

Physical activity can reduce these factors.

The benefits for children who are physically active, are they are learning fundamental movement skills, about their feelings and about the world around them. "Children learn that moving and being physically active is easy and fun, and be enjoyed over a life time." (Craft, p.13)

When a teacher looks at his/her academic curriculum and adds a physical activity to the lesson plan the child will retain the information easier, have fun learning the subject and they will be motivated to learn.

## **Where do teachers find activities for all types of exercises?**

A copy of Active Play! Fun Activities for Young Children by Diane H. Craft, PhD and Craig L. Smith is available in the teacher workroom.

## Types of activities for moderate-vigorous activities

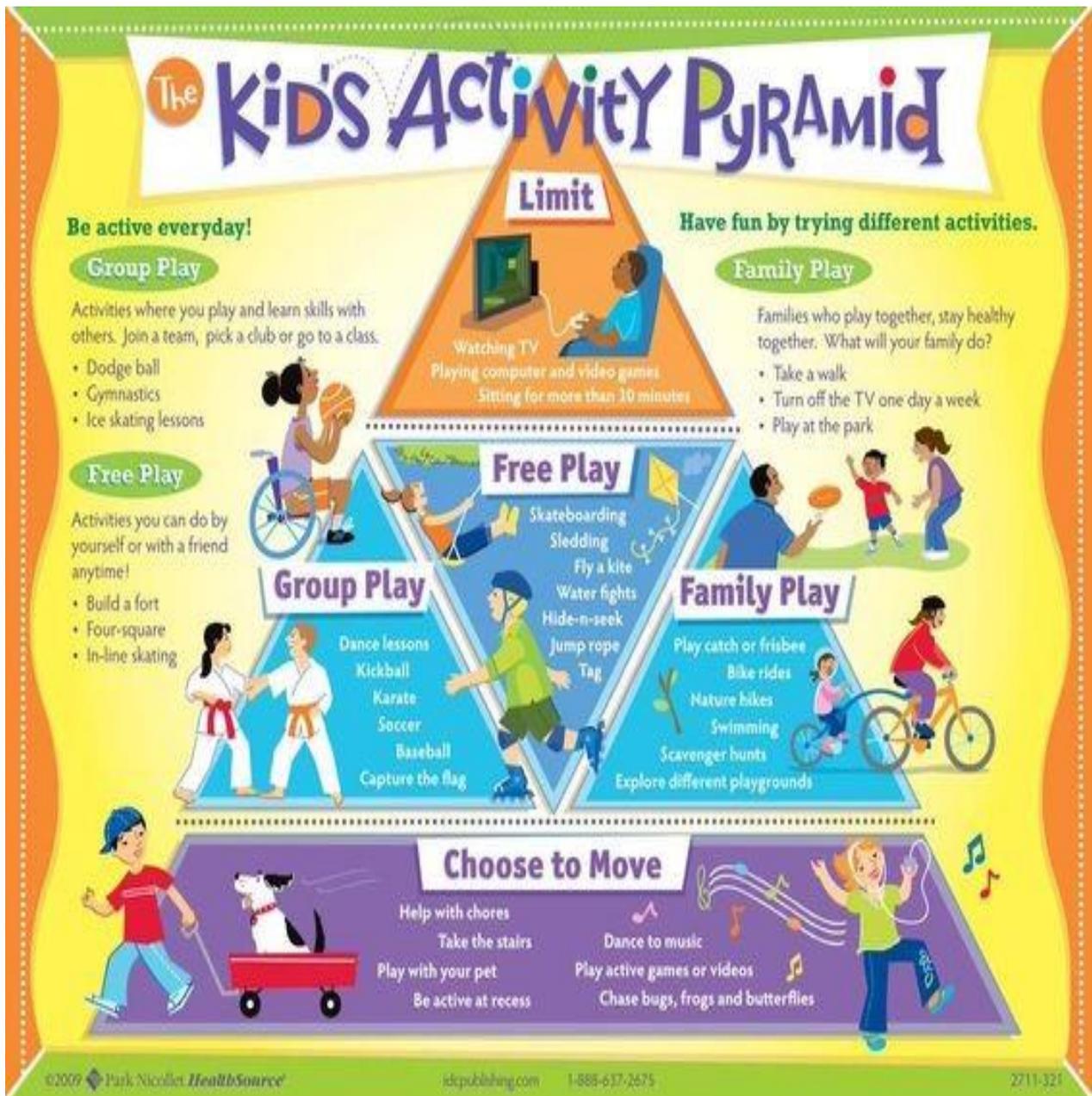
Our teachers will incorporate moderate and vigorous exercise to recess time and include muscle and bone strengthening exercises through the day.

See the chart below for the required activities. These activities may be incorporated into academic lessons, structured outdoor play and teacher – led play.

**TABLE WITH EXAMPLES OF AEROBIC, MUSCLE AND BONE STRENGTHNING ACTIVITES INCORPORATED AT CREATIVE CORNERS (*health.gov, Physical Activity for Americans p. 51*)**

TYPES OF PHYSICAL ACTIVITY	PRE-SCHOOL CHILDREN	KINDERGARTEN CHILDREN
<b>Moderate-intensity aerobic</b>	<ul style="list-style-type: none"> <li>• Games such as tag or follow the leader</li> <li>• Playing on a playground</li> <li>• Tricycle or bicycle riding</li> <li>• Playing games that require catching, throwing or kicking</li> <li>• Tumbling</li> </ul>	<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Active recreation, i.e., hiking, riding a scooter</li> <li>• Playing games that require catching and throwing, such as baseball and softball</li> </ul>
<b>Vigorous-intensity aerobic</b>	<ul style="list-style-type: none"> <li>• Aerobic Activity</li> <li>• Games such as tag or follow the leader</li> <li>• Playing on playground</li> <li>• Tricycle riding</li> <li>• Walking, running, skipping, jumping, dancing</li> <li>• Playing games that require catching, throwing and kicking</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobic Activity</li> <li>• Running</li> <li>• Active games involving running and chasing i.e., such as tag or flag football</li> <li>• Jumping rope</li> <li>• Sports such as soccer, basketball, tennis</li> <li>• Vigorous dancing</li> </ul>
<b>Muscle Strengthening</b>	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Climbing on Playground equipment</li> <li>• Yoga/calisthenics</li> </ul>	<ul style="list-style-type: none"> <li>• Games such as tug of war</li> <li>• Resistance exercises using body weight or resistance bands</li> <li>• Climbing on playground equipment</li> <li>• Yoga/calisthenics</li> </ul>
<b>Bone Strengthening</b>	<ul style="list-style-type: none"> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> </ul>	<ul style="list-style-type: none"> <li>• Hopping, skipping, jumping</li> <li>• Jumping rope</li> <li>• Running</li> <li>• Sports that involve jumping or rapid change in direction</li> </ul>

Active Play throughout the day looks like this...



## LESSON PLAN #1 for 3–5-year-old children:

Aerobic activity is prolonged activity where the child is moving for at least 20 minutes or more. The CDC reports children should have at least 60 minutes of outdoor play a day and it should include moderate to vigorous activity and most of it should be aerobic. Children should participate in cardiovascular building activities at least three days a week. When participating in aerobic activity children's heart rates should get up and be maintained for at least 15-20 minutes at the following levels:

- 18 month – 4-year-old---137 beats/minute
- 5-year-old—133 beats/minute

Objective: The student will find their carotid pulse and count the beats for 10 seconds before, during and after an aerobic activity.

During circle time:

1. The teacher will introduce how the heart works i.e., a pump that moves our blood through our bodies. It is moved through our body with the help of the air we breathe.
2. Teacher will show the you tube video: <https://www.youtube.com/watch?v=tF9-jLZNM10>
3. The teacher will assist students in finding their own pulse on their wrist, in the elbow and the neck.
4. After each child finds their pulse, the teacher will set a stop watch for 10 seconds and have the children count the number of beats.
5. The teacher will log each student's 10 second heartbeat, multiply it by 6 and log their resting heartbeat.
6. Take the children outside and have them play on the playground for 10 minutes.
7. The teacher has all the children stop and take their pulse for 10 seconds again.
8. The teacher logs the 10 second heartrate and multiplies by 6 to find their aerobic heartbeat.
9. This is the number they should exercise at for 20 minutes.

Follow up:

- Once children have rested for 10 minutes have them take their pulse again and show them how their heartbeat returns to "normal" after rest.
- End the lesson with describing how the heart is a muscle. We need to exercise our muscles to be healthy. Ask the children where they can find other muscles in their body?

Assessment:

- Place children in partners
- Can they find their partner's pulse in one of the three areas listed above?
- Can they count the pulse for 10 seconds?

# WEEKLY PHYSICAL ACTIVITY PLAN

TEACHER: \_\_\_\_\_ CLASS: \_\_\_\_\_

Dates: _____ to _____	Activity: AEROBIC # Minutes: _____	Activity: MUSCLE STRENGTHENING # Minutes: _____	Activity: BONE STRENGTHENING # Minutes: _____	Total minutes for the day:
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				

