

Physical Literacy Proof of Concept in Child Care

Phases 1 & 2: Overall Results



PHYSICAL LITERACY IS THE MOTIVATION, CONFIDENCE, AND COMPETENCE TO MOVE FOR A LIFETIME (WHITEHEAD, 2010)

WE ASKED OVER **700** PARENTS ABOUT THEIR CHILDREN'S PHYSICAL ACTIVITY

CANADIAN 24 HR MOVEMENT GUIDELINES FOR CHILDREN



3 HOURS OF DAILY PHYSICAL ACTIVITY



NO SCREENTIME FOR CHILDREN UNDER 2



UNDER 1 HOUR OF SCREENTIME FOR 2-4 YEAR OLDS

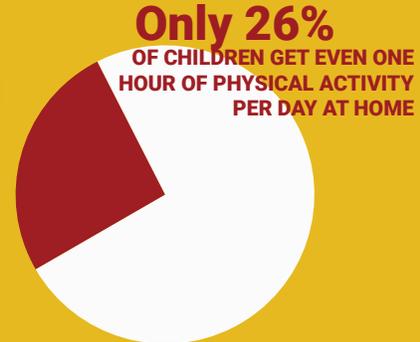
% OF CHILDREN WHO EXCEEDED SCREENTIME



30% ON WEEKDAYS



60% ON WEEKENDS



Only 26% OF CHILDREN GET EVEN ONE HOUR OF PHYSICAL ACTIVITY PER DAY AT HOME

Why integrate physical literacy into child care settings?

CHANGES IN EDUCATOR PRACTICE



93%

MORE CONFIDENT AND ABLE TO PLAN ACTIVITIES FOR BOTH INDOOR AND OUTDOOR SPACES.



93% MORE COMPETENT BECAUSE THEY HAD MORE TOOLS TO USE

100%

MORE ENGAGED IN PLAY WITH THE CHILDREN



BENEFITS FOR CHILDREN



COGNITIVE

88% improved communication skills

91% more able to pay attention, concentrate, and retain information

87% more independence



SOCIAL-EMOTIONAL

88% better able to take turns, share toys, problem solve, and play more cooperatively

75% better able to identify and name their emotions

91% better able to calm themselves in times of distress



PHYSICAL

87% loved adventurous outdoor play, especially infants and toddlers

94% more active

87% played for longer periods of time during free play

BENEFITS FOR EDUCATORS

100%

felt that **children's needs were better met** through increased PL

100%

found numbers of **challenging behaviours declined** so everyone was happier and calmer

100%

will continue physical literacy programming



Children seem to be able to focus and pay more attention to other activities that are going on throughout the day.

More physical activities made the children calmer; they focus and play better.

When the kids' behaviours are calmer and smoother, it makes your day better too.

I enjoy participating because it gives me my moments of imagination, creativity, thought processing and release of energy.

MAIN TAKEAWAYS



EDUCATORS FOUND PHYSICAL LITERACY PROGRAMMING SIMPLE TO DO.

PL DIDN'T REQUIRE A GREAT DEAL OF PLANNING, EQUIPMENT, OR SPACE; WAS INEXPENSIVE; AND ENGAGED THE CHILDREN IN MANY WAYS.



EDUCATORS SPENT LESS TIME MANAGING BEHAVIOURS AND MORE TIME ENJOYING ACTIVITIES

CHILDREN ENJOYED BEING MORE PHYSICALLY ACTIVE, PLAYED LONGER, AND SHOWED MORE IMAGINATIVE AND COOPERATIVE PLAY



OVERALL, EVERYONE FELT MORE CALM AND PRODUCTIVE AND BUILT STRONGER RELATIONSHIPS

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