

**I am *moving*** A Proactive Approach for Addressing Childhood Obesity in Head Start Children

**I am *learning***

**MVPA – Every Day!**

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**Resources**

*Resources used in this training, as well as additional information regarding I am Moving, I am Learning content and trainings are available on our website:*

[www.litebritellc.com](http://www.litebritellc.com)

I can be reached at:

[sgeorge@litebritellc.com](mailto:sgeorge@litebritellc.com)

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**IMIL Goals**

**1. Increase M-V-P-A During Daily Routines**

**2. Improve Quality of Structured Movement Activities Intentionally Facilitated by Adults**

**3. Promote Healthy Food Choices Every Day**

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## MVPA Goals

**Primary Objective:**  
To increase moderate to vigorous physical activity in a variety of settings

- With preschool-aged children
- With families
- With staff



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## MVPA Goals cont.

**Secondary Objective:**  
To "intentionally facilitate" integration of active learning via physical activity.

- School readiness skills
- Motor skills for development
- Music & nutrition



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## What Is MVPA?

**Answer:**  
Moderate to vigorous physical activity (MVPA)

Accumulate  
60  
minutes  
a day

**Why do children need MVPA?**  
Most children do not get enough MVPA during their day




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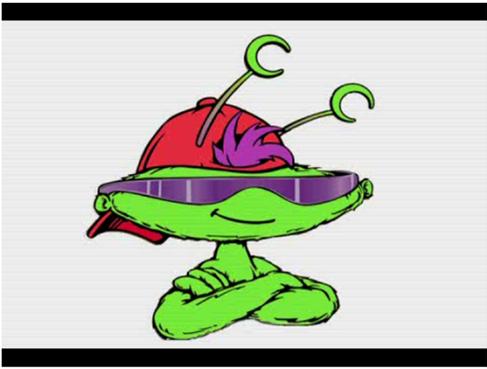
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## HS Child Outcomes Framework

Approaches to Learning

Social-Emotional Development

Language and Literacy

Cognition

Perceptual, Motor, and Physical Development

Language and Communication  
Literacy

Mathematics Development

Scientific Reasoning



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♪ ♪ ♪ ♪

♪ **Swing and Sway**  
 Transitioning music  
 Traveling and stabilizing skills  
 Balance

March Sway Swing

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♪ ♪ ♪ ♪

♪ **Dance Freeze**  
 Auditory cue discrimination  
 Listening skills  
 Traveling skills

 Warm up the body!

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♪ ♪ ♪ ♪

♪ **Build a Bridge**  
 Cooperative play  
 Language/vocabulary development  
 Listening skills, following directions  
 Sequencing/patterning  
 Imaginative play



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**Build a Bridge**



Bridge  
Una puente



Tunnel  
Un tunel



Road  
Una calle



Cave  
Una cueva



Tower  
Una torre



Wall  
Una pared

Diagram courtesy of Angela Russ

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**With a Letter or Two**

Letter and number recognition  
Gross motor movement  
Sensory integration  
School-readiness skills




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**MVPA IS FOR EVERYONE!**



With  
Children



With  
Families



With  
Staff

♫ Swing and Sway  
♫ Dance Freeze

♫ Build a Bridge  
♫ With a Letter or Two

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**Name the Domain!** 

Approaches to Learning  
 Social-Emotional Development  
 Language and Literacy  
 Cognition  
 Perceptual, Motor, and Physical Development

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**Activity Ropes**

**Learn while you play!**

- School-readiness skills
- Shapes, numbers, letters, patterns, body part identification, etc.

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**Nutrition Integration** 

 **Wild Vines**

**Draw your favorite fruit or vegetable!**

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**Literacy Development**

**LINES:**

straight    curved    zigzag

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**Literacy Development**

**LETTERS:**  
What is the letter a child typically learns first?

Take That Rope (Letters)

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## Body Part Identification

🎵 In My Body

**Head**

**Shoulders**

**Knees**

**Toes**




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## Limited Space & MVPA

- Enhance motor skill development (hand-eye coordination, spatial awareness, loco-motor skills, etc.)
- Integrate school-readiness skills (shapes, colors, matching, graphing, etc.)
- Use a variety of manipulatives/equipment such as scarves

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## Limited Space with Scarves

🎵 Toss & Catch

Hand-eye coordination




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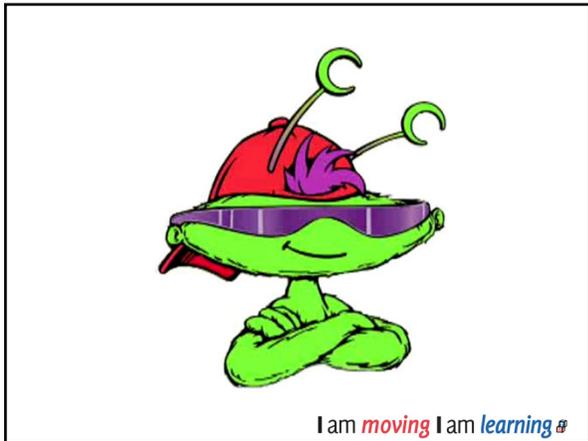
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**Limited Space in the Classroom**

♪ **Follow the Leader**  
Small group, leadership, creativity



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**Name the Domain!** 

Approaches to Learning  
Social-Emotional Development  
Language and Literacy  
Cognition  
Perceptual, Motor, and Physical Development

**Opportunity Knocks!**  
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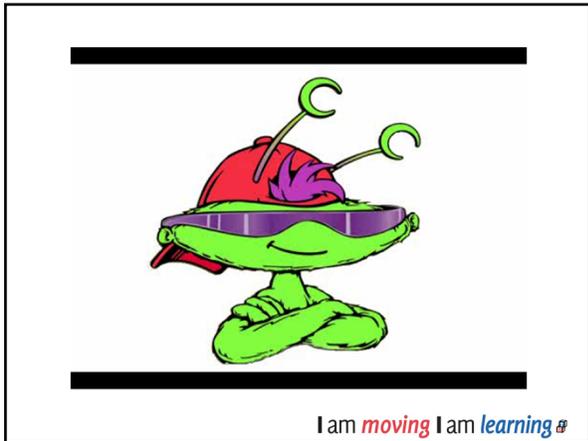
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**Name the Domain!** 

Approaches to Learning  
Social-Emotional Development  
Language and Literacy  
Cognition  
Perceptual, Motor, and Physical Development

 **Opportunity Knocks!** I am *moving* I am *learning* #

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**Resource**

**We Can!**  
<http://wecan.nhlbi.nih.gov>



To request a free  
We Can! parent handbook:  
866-35-WE CAN  
866-359-3226  
(Available in English and Spanish)

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## Families and MVPA

### Take a Parent for a Walk!



*What can families do to increase MVPA?*

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## IMIL and Families






*“Have Fun & Be Active”*

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## Summary

- **Promote MVPA with children:**
  - Via “intentional facilitation” of play
  - In limited space
  - When transitioning
- **Promote MVPA with families:**
  - Demonstrate practical ideas for families to be active
  - Encourage families to disguise school-readiness skills in FUN ways
- **Promote MVPA with staff:**
  - Be a role model
  - Incorporate PA at staff meetings
  - Increase staff-wellness PA




[www.pkimbrell.com](http://www.pkimbrell.com)

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## Reflection

Capturing Key Concepts,  
Ah-has, and IMILisms

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I am *moving* I am *learning* #

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I am *moving* I am *learning* #

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I am *moving* I am *learning* #

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