

Active Start

Ages

Birth-6

Key Objectives

Fundamental movement skills on land, water, and ice/snow.

Body management and object control that build ability and confidence.

Focus on the joy of play through a fun, constantly active and positive environment. Games that build basic movement skills. Praise and reinforcement for the child.

Emotional Development

Hope (0-1): Children care for and shown affection develop trust in adults.

Will (2-3): Encourage, allow, and support, in a safe manner, exploration of the child's world to develop autonomy.

Purpose (4-6): Provide a supportive and encouraging environment by letting children plan and do things on their own to develop initiative. Support trying new challenges. Praise effort. Balance new and familiar activities.

Intellectual Development

Sensorimotor (Birth to 2): Children explore the world through their senses. Near the end of the stage, children learn objectives exist even when out of sight.

Pre-operational (2-7): Rapid language development; self-centered. Can follow simple instructions. Require more processing time; use repetition; use clear/concise cue words. Cannot

distinguish relevant from irrelevant information in the environment.

Moral Development

Right/wrong based on if the child will be punished or not; children consider what is in it for them. How their actions affect others limited to helping others only if it helps themselves. Just learning to share.

Athletic Development

Multisport activities

Free play for 30 minutes for toddlers/60 minutes for pre-schoolers with no more than 60 consecutive minutes of inactivity except when sleeping.

Variety of sports objects to play with.

Running, jumping, throwing, catching, twisting, swimming, gliding, balance, etc. learned in play.

Ultimate activities

Introduce ultimate through running, 1-on-1 throwing, catching and tracking a flying disc.

Practice/Competition

Equipment

Small discs, foam discs

Practice Guidelines

No formal training; encourage unstructured skills challenges.

Stop play when child loses interest.

Competition Guidelines

Unstructured games only; focus on FUN and learning basic rules and fair mindedness.