

Parent's Guide to Active Start

Ages

Birth-6

Key objectives

Develop movement skills on land, water, air, and ice/snow.

Focus on learning body control along with tossing and catching.

Youth...

- Learn trust through caring by parent.
- Explore the world with their senses.
- Learn objects exist even when out of sight near end of stage.
- Rapidly develop language from age two to seven.
- Are self-centered.
- See right or wrong in terms of being punished or not.
- Only help others if it helps themselves.
- Learning to share.
- Need balance and variety of new and familiar activities in small doses.

Parents...

- Care for children and show affection to develop trust in adults.
- Support safe exploration of the child's environment to develop autonomy.
- Let children plan and do things on their own to develop initiative.
- Provide a variety of equipment and opportunities for child-led play.
- Focus on skill development in FUN, safe environment.
- Provide non-competitive games that focus on participation.
- Deliver feedback to encourage creativity and confidence in trying new things.

- Focus on activities that build competence and confidence to try new things.
- Build a daily habit of activity.
- Role model by being active.
- Select trained program staff.

Physical Activity Guidelines

- 30+ min/day of unstructured physical activity for toddlers.
- 60+ min/day of unstructured physical activity for pre-schoolers.
- No more than 60 minutes at a time being sedentary (except for sleep).
- Learn basic movement skills
 - Land: running, jumping, landing, balancing.
 - Air: Jumping, twisting.
 - Water: Swimming, floating.
 - Ice/snow: gliding.
 - Object control: throwing, catching, rolling objects.

Ultimate Specific Technical

- Introduction through running, one-on-one throwing and catching.
- Stop play when child loses interest.
- Spirit of the Game: focus on joy of play in general.

Practice/Competition

- Small discs, soft discs
- Nothing formal
- Unstructured skills challenges
- Games that stimulate interest