

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.

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
 - Ice/snow: gliding

Psychological

- Focus on skill development in FUN, safe environment.
- Non-competitive games.
- Deliver feedback to encourage creativity and confidence in trying new things.
- Activities should focus on building competence and confidence to try new things.

Emotional Development

- Children learn trust through caring by parent.
- Support safe exploration of the child's environment to develop autonomy.
- Let children plan and do things on their own to develop initiative.

Intellectual Development

- Children explore the world with their senses.
- Children learn objects exist even when out of sight.
- Rapid language development
- Self-centered

Moral Development

- Children see right or wrong in terms of being punished or not.
- Only help others if it helps themselves.

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

- Nothing formal
- Unstructured skills challenges

- Games that stimulate interest