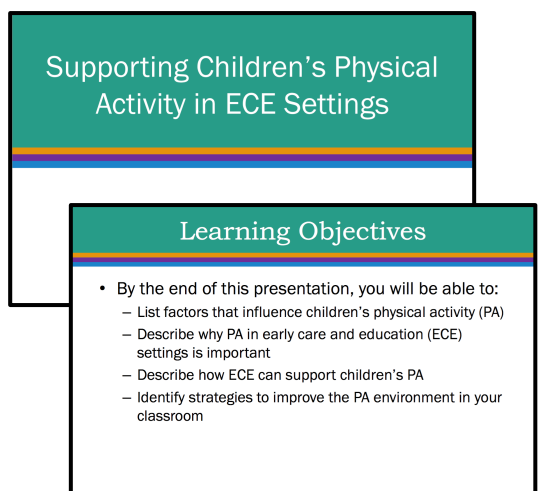


# Creating Active Classrooms: A Guide to Using the Physical Activity Resources

Thank you for downloading these resources! These materials were created to support teachers of 2-5 year olds in early care and education (ECE) centers to increase the amount of physical activity in their classrooms. They can also be used by those who provide training and technical assistance to ECE teachers. We know that it's a challenge to find time for physical activity in child care. So, these resources are designed to build short, easy-to-use activities into your daily child care routine. Adding in bits of physical activity across the entire day can lead to big changes!

This guide will give an overview of the materials: *what the materials are, what they cover, and suggestions for how they should be used*. The resources you will find here are 1) Training Workshop Slides, 2) Lesson Plans, and 3) Activity Cards. The training workshop slides can be used separately from or together with the lesson plans and activity cards. Remember that improving the physical activity environments in centers is not easy- congratulations for working to make your classrooms more supportive of children's healthy habits and healthy futures!

## Training Workshop Slides



- Slides intended for a small group, discussion-based presentation (ideally 6-15 teachers) led by a facilitator, such as a center director, training specialist, or technical assistance provider. Teachers can go through slides on their own, but discussion with a group is encouraged.
  - Matching **Presentation Guide** has presenter notes for each slide
- Presentation and discussion about the slides will help teachers understand what physical activity is, why it's important, and how ECE settings can help children be more active.

## Focus Areas

- The lesson plans and activity cards (described on the next page) are color-coded and focus on these 4 areas of the child care day:
  - **Outdoor structured PA**, small and large-group games for outdoor, teacher-led play
  - **Circle time PA**, with activities for the whole class
  - **Indoor Structured PA**, during center time or whole class activities
  - **Active Transitions** between other classroom activities

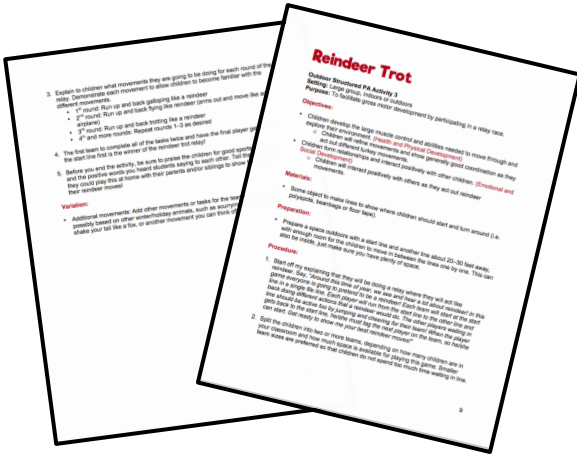
Outdoor Structured PA

Circle Time PA

Indoor Structured PA

Active Transitions

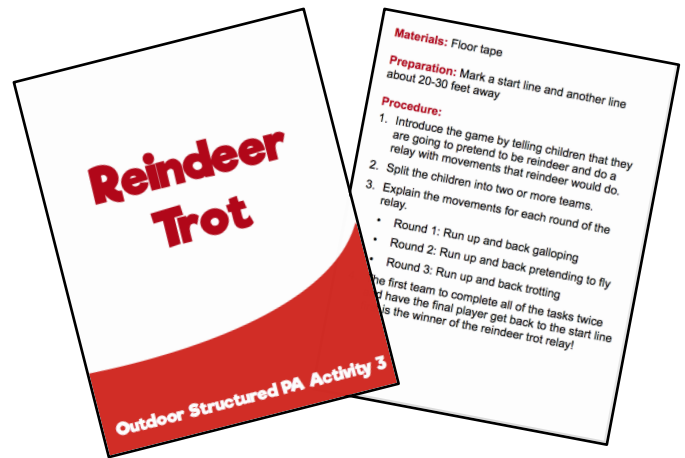
# Lesson Plans



- The 32 lesson plans are broken up into each of the 4 focus areas (8 lessons per focus area)
- Each lesson plan contains sections for
  - Developmental objectives the lesson meets
  - Materials needed
  - Preparation required
  - Step-by-step directions
  - Variations for extending the lesson or modifying it to different scenarios

## Activity Cards

- Each lesson plan has a matching activity card- a smaller, condensed version of the lesson plan
- The cards are a quick reference for teachers to refresh their memory of the lesson plan, on the spot, as you do each activity with your kids.
- Cards can also be used by children to pick which activity they'd like to do.
  - Try putting stickers on the activities that children like, so children can remember them later!
- Print these activity cards as quarter-page cards and keep on a binder ring for easy reference!



### Don't have the "right" equipment? No problem!

You don't need lots of fancy equipment to do these activities. There are suggested pieces of equipment for many activities, but you can still do the activity if you don't have the piece of equipment listed. Try substituting for one you do have, or make your own. For example, polypoint markers can be made from construction paper cut into a circle.

### Activity doesn't fit for your class? Change it!

All of these activities can be modified so they fit for your class! If you don't have time to do a whole activity, try doing parts of the activity instead, to shorten the activity. If you have a 2 year old classroom, you may need to change the movements to fit those that are developmentally appropriate for younger children. If the activity seems too much to do with the whole class, modify it to smaller group activity. Use your creativity and what you know about your kids to make these activities work for you and your classroom!

Need help? Please contact [creatingactiveclassrooms@unc.edu](mailto:creatingactiveclassrooms@unc.edu) or [julie.shuell@nemours.org](mailto:julie.shuell@nemours.org) with questions!