

overview

Resources are essential in promoting physical activity. There are never too many ideas for engaging young children in active learning. These resources may range from physical activity curricula to books and CDs to hands-on physical activity equipment and materials. As you research and review the different resources available, you will find a wide range in quality and quantity. Here are a few things to keep in mind as you select resources.

Physical Activity Curriculum

A movement education and physical activity curriculum will emphasize meaningful content, which includes:

- Instruction in a variety of motor skills designed to enhance child development.
- Fitness education and assessment that promotes an understanding of physical well-being.

- Development of cognitive concepts related to motor skills and physical activity.
- Opportunities to improve social and cooperative skills.
- Opportunities to increase the value placed on physical activity for health, enjoyment, self-expression, and confidence.
- Sequencing to ensure that motor skills, physical activity, and assessments are appropriate for age and developmental stage, with basic skills leading to more advanced skills; and that appropriately monitors, reinforces, and plans for children's learning.

Physical activity curriculum should cover the essential elements of physical development and activity. Will the curriculum:

- Match the philosophy, mission, and policy statements you have in place.
- Support the inclusion of all children, including ages, skill sets, developmental stages, and cultural backgrounds.
- Align with the *Wisconsin Model Early Learning Standards*.
- Involve parents.
- Provide specific instructions on how to implement the curriculum.



Equipment and Materials

When searching for physical activity equipment and materials, you will want to test each item against a few standards. Use the following chart to help you think about what to get out of your equipment and materials.

Where can you find Physical Activity Equipment and Materials?

There are plenty of options. When you prepare to invest in physical activity, take time to compare prices, quality, and features of equipment, materials, and resources. Here are some suppliers and publishers to start with:

Equipment	Materials	Suppliers
<ul style="list-style-type: none"> • What kind of space is required? <ul style="list-style-type: none"> ◦ Size of play area ◦ Indoor needs ◦ Outdoor needs • Is the equipment portable or fixed? • Is the equipment manmade or does it occur in the natural environment? • How many children does the equipment support? • What age range is recommended? • Does the equipment support the skill sets that children are developing? • Is the equipment safe? • Does equipment follow licensing regulations? • Does equipment follow quality improvement recommendations? • Is the equipment inclusive? • Is the equipment culturally competent? 	<ul style="list-style-type: none"> • Do the materials fit with your program philosophy? • Are the materials developmentally appropriate? • Do the materials support the skill sets that children are developing? • Are materials manmade or do they occur in the natural environment? • Are the materials evidence based? • Does the child or the teacher make the materials? • Are materials safe? • Do materials support individual child outcomes? • Are the materials sustainable? • Are the materials culturally competent? • Are the materials inclusive? 	<ul style="list-style-type: none"> • Community Playthings • Constructive Playthings • Discount School Supply • Early Childhood Manufacturers' Direct • Education Station • Environments, Inc. • Kaplan • Lakeshore Learning • Play with a Purpose • School Specialty
		Publishers
		<ul style="list-style-type: none"> • Brookes Publishing • Gryphon House • Highscope Press • Human Kinetics • PE Central • Redleaf Press

inclusion

Here are a few questions to ask when determining whether a resource is inclusive:

1. Are inclusive and child-focused language evident and are specific examples regarding individual outcomes included in the resource?
2. Does the resource include visuals and examples that include children with varying abilities?
3. Does the resource have suggestions for modifications and adaptations for varying levels of ability?
4. Does the resource include tips for leading activities in ways that embrace various learning styles?
5. If the resource suggests or requires equipment, does it provide examples of adaptive equipment or ideas to modify equipment?

cultural competency

Here are a few questions to ask when determining whether a resource is culturally competent:

1. Does the resource include visuals and examples that include children of diverse backgrounds?
2. Is the resource linguistically appropriate, for example, is it available in various languages and does it address the linguistic needs of children and families?

3. Does the resource provide music and movement activity ideas that are inclusive of various cultures? This would include songs, instruments, and dances that are culturally diverse?
4. Do examples of imaginative games and activities allow children to define their own roles according to their culture, rather than using stereotypical roles?
5. Does the resource provide suggestions for culturally appropriate props and materials? For example, if using a hot potato is not culturally appropriate because there is a norm that food should never be used in play, does the resource give an alternative?

tools included

1. **Homemade Physical Activity Materials.** This tool provides instructions for creating homemade materials that promote physical activity in your early care and education program. (Appendix J).
2. **Physical Activity Materials and Equipment Ideas.** This list of materials and equipment will help you provide children with opportunities to develop a variety of gross motor skills. (Appendix K).

engaging families

Create take-home physical activity kits for families. Kits can include fact sheets and activity ideas for parents, as well as resources to be active at home!

engaging communities

Ask your local library to be supportive of active lifestyles for young children through active story times or by devoting sections of the library to physical development and activity for young children.

quick tip

To minimize costs, think about the different ways to access resources, such as Wisconsin's Child Care Information Center (CCIC) and your local libraries. Libraries often have inter-library loan arrangements that can help you find and check out materials your local library may not have on hand.

Curriculum and Books

	AGE GROUP					TOPIC											OTHER	
	Infants	Toddlers	Preschoolers	School-Age	Multi-Age Groups	Obesity Prevention	PA Best Practices and Benefits	Development	Assessment	Daily Routines	Environment	Business Practices	Cultural Competency	Inclusion	Family Engagement	Community Engagement	Activity Examples	Cost (reflect lowest cost available new or used)
CURRICULUM																		
CATCH Early Childhood Kit			X			X	X	X		X	X			X	X		X	\$\$\$\$
Color Me Healthy			X							X					X		X	\$\$\$
Healthy Habits for Life			X			X	X			X	X				X		X	\$
Healthy Movement Active Play			X				X	X		X					X		X	FREE
I Am Moving, I Am Learning		X	X			X	X	X	X	X	X	X	X	X	X		X	\$\$\$\$
SPARK Early Childhood Curriculum Manual			X							X							X	\$\$\$\$
BOOKS																		
Active Learning Series	X	X	X					X									X	\$\$
Active Start for Healthy Kids		X	X			X	X	X		X		X	X	X			X	\$
All About the ECERS-R			X					X		X	X				X		X	\$\$
All About the ITERS-R	X	X						X		X	X				X		X	\$\$
Big Body Play	X	X	X				X	X		X	X	X		X		X	X	\$
Designing Preschool Movement Programs			X					X		X			X					\$\$
Dr. Craft's Active Play!	X	X	X	X	X	X		X		X					X		X	\$\$
Focused Observations	X	X	X						X	X	X				X			\$\$
Focused Portfolios	X	X	X		X			X	X	X					X			\$\$
Inclusive Games													X				X	\$
Let's Go Outside: Designing the Early Childhood Playground			X	X				X		X								\$
Movement Activities for Early Childhood			X					X							X		X	\$
Movement in Steady Beat			X	X														\$
Moving and Learning Across the Curriculum			X	X														\$
Moving and Learning Series		X	X	X				X									X	\$\$
Moving with a Purpose: Developing Programs for Preschoolers of All Abilities		X	X					X	X	X				X	X		X	\$\$
Natural Playscapes										X								\$\$\$
Purposeful Play: Early Childhood Movement Activities on a Budget			X				X						X				X	\$
Six Simple Ways to Assess Young Children	X	X	X	X	X			X	X				X	X				\$\$
The Creative Curriculum®	X	X	X	X	X			X	X	X	X	X	X	X	X			\$\$\$\$
Wisconsin Model Early Learning Standards	X	X	X		X			X				X	X	X	X	X		\$

\$ = \$25 or less \$\$ = \$25 to \$49 \$\$\$ = \$50 to \$99 \$\$\$\$ = \$100 to \$249 \$\$\$\$\$ = \$250+
 Check with your local public library of the Child Care Information Center (CCIC) to find resources for loan.

PHYSICAL ACTIVITY RESOURCES FOR EARLY CARE & EDUCATION

Articles and Websites

	AGE GROUP					TOPIC											OTHER	
	Infants	Toddlers	Preschoolers	School-Age	Multi-Age Groups	Obesity Prevention	PA Best Practices and Benefits	Development	Assessment	Daily Routines	Environment	Business Practices	Cultural Competency	Inclusion	Family Engagement	Community Engagement	Activity Examples	Cost (reflect lowest cost available new or used)
ARTICLES																		
Active Start: A Statement of Physical Activity Guidelines for Children from Birth to Age 5	X	X	X				X	X	X		X			X				\$
Alignment of the Wisconsin Model Early Learning Standards with HighScope’s Preschool Child Observation Record (COR), 2nd Edition	X	X	X					X	X									FREE
Alignment of the Wisconsin Model Early Learning Standards, 2nd edition with the Content and Objectives of The Creative Curriculum(R) System	X	X	X					X		X	X	X						FREE
Best Practices for Physical Activity: A Guide to Help Children Grow Up Healthy	X	X	X	X			X			X		X			X			FREE
Cultural Diversity and Play								X			X	X	X					FREE
How we play – Cultural determinants of play			X				X	X		X	X		X		X	X		FREE
Preventing Childhood Obesity in Early Care and Education Programs						X	X			X		X						FREE
SEARCH FOR THESE TOPICS ON THE WEB																		
Choosy Kids	X	X	X	X		X	X	X							X	X	X	FREE
Early Childhood Development: A Multicultural Perspective	X	X	X	X				X							X			FREE
Family Education	X	X	X	X				X					X	X			X	FREE
Head Start Body Start Toolbox	X	X	X				X			X	X				X		X	FREE
Keystone Kids Go Active!			X														X	FREE
Let’s Move! Child Care	X	X	X	X	X	X	X		X		X	X			X	X	X	FREE
National Center on Quality Teaching and Learning, Early Childhood Knowledge and Learning Center	X	X	X					X	X	X	X		X	X	X		X	FREE
National Network for Child Care	X	X	X	X		X		X		X	X							FREE
PE Central			X	X						X			X				X	FREE
Physical Activity For Everyone							X						X	X			X	FREE
Physical Activity Space & Equipment Checklist		X	X	X	X			X	X		X						X	FREE

\$ = \$25 or less \$\$ = \$25 to \$49 \$\$\$ = \$50 to \$99 \$\$\$\$ = \$100 to \$249 \$\$\$\$\$ = \$250+
 Check with your local public library of the Child Care Information Center (CCIC) to find resources for loan.

PHYSICAL ACTIVITY RESOURCES FOR EARLY CARE & EDUCATION

Websites (continued),
Assessment Tools
and Materials

	AGE GROUP					TOPIC											OTHER	
	Infants	Toddlers	Preschoolers	School-Age	Multi-Age Groups	Obesity Prevention	PA Best Practices and Benefits	Development	Assessment	Daily Routines	Environment	Business Practices	Cultural Competency	Inclusion	Family Engagement	Community Engagement	Activity Examples	Cost (reflect lowest cost available new or used)
USDA Play Hard Your Way						X									X		X	FREE
Physical Activities and Healthy Snacks for Young Children			X						X								X	FREE
Tips for Raising Heart Healthy, Active Children	X	X	X	X					X	X					X	X	X	FREE
99 Tips for Family Fitness Fun									X	X					X		X	FREE
ASSESSMENT TOOLS																		
Environment Rating Scales (ECERS-R, ITERS-R, FCCERS-R, SACERS-R)	X	X	X						X	X	X	X		X	X			\$
HighScope-COR	X	X	X						X	X	X							\$\$\$\$
Model Work Standards									X			X	X					\$
Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC)			X			X	X	X	X	X	X				X			FREE
Preschool Outdoor Environment Measurement Scale (POEMS)			X			X	X		X	X					X	X	X	\$
Teaching Strategies GOLD™	X	X	X					X	X									\$\$\$\$
The Portage Project	X	X	X					X	X									\$\$\$\$
Wisconsin Department of Health Services Worksite Wellness Resource Kit									X			X				X		FREE
MATERIALS																		
Be Choosy, Be Healthy™ Activity Kit			X			X		X		X	X						X	\$\$\$\$\$
All Time Favorite Dances			X	X	X			X		X	X						X	\$
Bean Bag Activities and Coordination Skills			X		X			X		X	X						X	\$
Dr. Jean Feldman		X	X		X			X		X	X						X	\$
Greg and Steve		X	X		X			X		X	X						X	\$
Kimbo Educational Music and Movement CDs and DVDs for Children		X	X		X			X		X	X						X	\$
The Learning Station		X	X		X			X		X	X						X	\$

\$ = \$25 or less \$\$ = \$25 to \$49 \$\$\$ = \$50 to \$99 \$\$\$\$ = \$100 to \$249 \$\$\$\$\$ = \$250+
Check with your local public library of the Child Care Information Center (CCIC) to find resources for loan.