**Resources to Promote Physical Activity in Early Care and Education (ECE)**

***Free Resources on Activities, Interventions, and Curricula to Promote Physical Activity in ECE***

**SNAP-ED TOOLKIT: Obesity Prevention Interventions\*** (USDA)

Search for evidence-based strategies and interventions focused on promoting healthy eating and physical activity, including populations and settings specific to early childhood and early care and education. Each strategy or intervention included in the toolkit includes an overview, summary of reach and adoption, components, materials needed, a summary of the evidence, evaluation indicators and materials, and contact information. Website: snapedtoolkit.org

**Coordinated Approach to Childhood Health Early Childhood (CATCH EC)**

CATCH Early Childhood (CEC) is a research tested low cost intervention to improve nutrition physical activity, nutrition, and encourage healthy eating in pre-k children ages 3-5. There are a handful of free physical education activities that are developmentally appropriate and easy for teachers to follow.

Website: https://digitalcatch.org/units/20

**Go Smart** (National Head Start Association)

Physical activities that can engage 0-5 year olds in physical play each day. Go Smart is website (and also available as a free smartphone app) providers can use by to help facilitate physical activities in a group or one-on-one setting. ECE providers enter the ages, number of children and type of space and the app gives suggestions on games and activities to enhance young children’s physical activity time.

Website: gosmart.nhsa.org/#/activities

**Growing, Moving, Learning: Infant-Toddler Toolkit\***

(University of Delaware, Nemours)

This toolkit includes developmentally appropriate activities that promote physical activities and healthy eating for infants and toddlers.

Website: www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/infanttoddlertoolkit.pdf

**Head Start Body Start** (SHAPE America)

* The Head Start Body Start Activity Calendar contains a physical activity suggestion for every day of each month of the year. Website: www.healthychildcare.org/PDF/LetsMove%20CalendarENGLCalendarFULL.pdf
* Physical activity ideas for infants, toddlers, and preschoolers, English & Spanish. Website: www.shapeamerica.org/events/pesportweek/activity-plans.cfm

**PAK (Physical Activity Kit): Staying on the Active Path in Native Communities – A Lifespan Approach, Book #5 Young Children** (Indian Health Service, University of New Mexico)

Physical activity ideas that are appropriate for young children.

Website: www.ihs.gov/hpdp/pak

**Sesame Street: Healthy Habits for Life\***

Resources to help incorporate healthy physical activity and nutrition habits into everyday life. This resource features poems, songs, posters, activities, and family newsletters, all illustrated with Sesame Street characters.

Website: www.sesamestreet.org/sites/default/files/media\_folders/Images/healthy%20habits%20kit%201.pdf

**Structured Active Play Program\*** (City of Greater Geelong, Australia)

Structured activities to help young children develop balancing, ball, kicking and other skills. Website: health.act.gov.au/sites/default/files/KidsAtPlay/Romp%20and%20Chomp%20Structured%20Active%20Play%20Program.pdf

**Training Opportunities For ECE Providers**

**Better Kid Care\*** (Penn State Cooperative Extension)

200+ On Demand professional development modules for early care and education providers. Many states already approve these modules for professional development clock hours. Content for these modules are available at no cost. If a certificate of completion is needed or required, a $5.00 fee is charged.

Website: extension.psu.edu/youth/betterkidcare

Select Physical Activity Trainings

* ***Physical Activities for Young Children Lead with Confidence*** extension.psu.edu/youth/betterkidcare/lessons/physical-activities-lead
* ***Family Child Care:* *Overcoming Barriers to Lead Fun Physical Activities***

extension.psu.edu/youth/betterkidcare/lessons/fcc-overcoming

* ***Childhood Obesity Prevention: LMCC – Increase Physical Activity***

extension.psu.edu/youth/betterkidcare/lessons/childhood-obesity-prevention-lmcc-a-increase

* ***I am Moving, I am Learning – Active Play Every Day!***

*extension.psu.edu/youth/betterkidcare/lessons/imil-active-play*

* ***I am Moving, I am Learning – Take it Outside!***

*extension.psu.edu/youth/betterkidcare/lessons/imil-outside*

***Free Resources on Physical Activity Best Practices in ECE***

**Preventing Childhood Obesity in Early Care and Education Programs: *Selected Standards from Caring for Our Children National Health and Safety Performance Standards\**** (AAP, APHA, NRC)

A set of national standards describing evidence-based best practices in nutrition, physical activity, and screen time for early care and education programs

Website: cfoc.nrckids.org/standardview/spccol/preventing\_childhood\_obesity

**Best Practices for Physical Activity: A Guide to Help Children Grow up Healthy for Organizations Serving Children and Youth** (Nemours)

A comprehensive overview of physical activity recommendations for children and youth, as well as useful terms defined, frequently asked questions, family tip sheets, handouts, and creative, but general ideas for engaging children and their **families** in physical activity. Website: www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguide2010.pdf

***Model Policies for Early Care and Education***

**Child Care Wellness Policy Workbook: Creating an Environment for Preschoolers to Develop Healthy Habits for Life\*** (Nemours)

Child care providers and other early childhood professionals can use this Workbook to develop their own individualized wellness policies. Topics include Nutrition, Physical Activity, Other Program-Based Activities, and Evaluation.

Website: www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/Child%20Care%20Wellness%20Policy%20Workbook.pdf

**Model Child Care Health Policies\***

(Pennsylvania Chapter of American Academy of Pediatrics)

This is a tool to foster adoption and implementation of best practices for health and safety in group care settings for young children. These settings include early care and education as well as before- and after-school child care programs. The tool has a section devoted to physical activity and screen time.

Website: http://ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies/item/248-model-child-care-health-policies