



National Association for
Sport and Physical Education

*an association of the American Alliance for Health,
Physical Education, Recreation and Dance*



AMERICAN ASSOCIATION
FOR PHYSICAL ACTIVITY
AND RECREATION

Early Childhood Movement Day

Wednesday, March 17

8:30 a.m. - 5:15 p.m.

*AAHPERD National Convention
Indiana Convention Center
Room 105-106*

Proudly sponsored by



To Register Today Call
1-800-213-7193, ext. 454

Special One Day Rates Available for
Early Childhood Professionals

8:30-9 a.m.

**What's New at Head Start Body Start: National Center
for Physical Development and Outdoor Play**

Head Start Body Start (HSBS), a federally funded project of NASPE and AAPAR, assists Head Start programs to create healthy learning environments through structured and unstructured physical activity to reduce obesity and its associated costs. Learn about HSBS resources you can use and how to get involved.

Presenter: Karin Spencer, HSBS Director

9:15-10:15 a.m.

**Movement Across the Curriculum:
Linking the Gym with the Classroom**

The domains of child development-physical, social/emotional, and cognitive-are so intertwined in the early years that a child can't learn something in one domain without learning something in the others. This workshop offers activities that provide young children with both physical education and conceptual understanding in the content areas of art, language arts, math, music science and social studies.

Presenter: HSBS Master Trainer Rae Pica, Moving & Learning

10:30-11:45 a.m.

Take It Outside! Purposeful Play & Meaningful Movement

Are you providing engaging outdoor play experiences for your young students? Learn the importance of outdoor play on children's health and extend your thinking about adults' roles in facilitating movement and learning during outdoor play. Leave reenergized and ready to get outdoors!

Presenters: Bethe Almeras, HSBS Training Director and HSBS Master Trainer Meg Greiner, Independence Elementary School (OR)

11:45 a.m.-12:45 p.m.

Break for lunch (on your own)

12:45-1:45 p.m.

**Out is In! Realizing the Power of Your Play Environment to Promote
Physical Activity and the Overall Development of Young Children**

Maximize the potential your play environment has to offer by bringing learning outdoors! Playgrounds can be utilized in fun and creative ways to get kids of all abilities moving and interacting together, develop critical social, emotional, communication, and motor skills, and bring creative play opportunities that include a variety of natural and manufactured "loose parts" to promote various forms of play and hands-on discovery. This workshop will provide valuable information about effectively designing children's play environments, activities and materials to bring learning to the playground, and many resources available to help you ensure that children have memorable experiences outdoors.

Presenter: Jennie Sumrell, PlayCore

2-3:15 p.m.

Activities for All!

Learn how to increase moderate-to-vigorous physical activity for all young children throughout the day. Expand your repertoire of strategies to adapt and modify activities to reflect varied ability levels, interests, and cultural backgrounds of young children in your programs. Leave with practical activity ideas to use tomorrow.

Presenters: HSBS Master Trainers Clersida Garcia, Northern Illinois University; Rae Pica, Moving & Learning; and Steve Stork, iHealth Center for Integrated Wellness

3:30-4:45 p.m.

Funding Outdoor Activity Programs and Play Spaces Through Grants

Do you have a great idea for an outdoor activity program or play space for kids but lack the funds needed to launch the program? Are you already operating a program that you'd like to expand? Attend this session to learn about specific grants that can provide the funding you need! Program leaders with previous experience leveraging grants for outdoor programs are encouraged to attend to learn about current opportunities and share their experiences.

Presenter: Rosalie Mangino-Crandall, Insight Grants Development

4:45-5:15 p.m.

Learnercise – Move to Achieve

GeoMotion Group introduces a new program to provide movement experiences to prepare children for reading and literacy success. Children learn numbers, shapes, colors, alphabet and more while having fun and moving to music. During movement activities, children use multiple sensory modalities creating neural connections across numerous pathways in the brain. The branching of these connections is one of the first steps in wiring the brain for future learning.

Presenters: JoAnne Owens-Nauslar and Barbara English, GeoMotion Group

Head Start Body Start

Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS) is a project of NASPE and AAPAR. Funding for HSBS is provided by the Office of Head Start (OHS), Administration for Children and Families, US Department of Health and Human Services. The purpose of HSBS is to increase physical activity, outdoor play and healthy eating among Head Start and Early Head Start children, families and staff.



For more information, visit www.headstartbodystart.org.

OTHER GREAT EARLY CHILDHOOD SESSIONS DURING THE WEEK

Thursday, March 18

8:45-10am

- Childhood Obesity: Implementing Nutrition into the Physical Education Curriculum, CC, 120-124

10:15-11:30am

- Play On!: Playgrounds and Programs that Increase Physical Activity, CC, Wabash BR 1
- Fitness and Literacy: Movement Education for the Elementary Child, CC, Sagamore BR 4
- Storybook Dance Magic!, CC, Sagamore BR 3

11:45am-12:45pm

- Electronic Texts for Health Literacy in Early Childhood Education, CC, 203-204

2-4pm

- Evaluating Physical Activity in Early Childhood Settings, Marriott Hotel, Marriott Ballroom 7-10

2:45-4pm

- Lights-Camera-Action: “How-to’s” – Brain Research in Physical Education, CC, Sagamore BR 4

4:30-5:30pm

- Playing Together: Inclusive Multicultural Games, CC, Sagamore BR 3

Friday, March 19

7:30-8:30am

- Tag Free Instant Activities, CC, Sagamore BR 5-7

8:45-10am

- “WHAT’S IN YOUR W.A.L.L.E.T?” – Winning Activities Learned LOVE Every Time, CC, 125-128

Saturday, March 20

7:30-8:30am

- Children Succeed with Learnercise: Learning While Moving, CC, Sagamore BR 5-7

8:45-10am

- Reading, Running, and ‘Rithmetic: Reinforcing Academic Skills Through Fitness Activities, CC, Sagamore BR 4

10:15-11:30am

- Childhood Obesity: One Resource Teaching Both Physical and Nutrition Education, CC, Sagamore BR 1-2