

EARLY CHILDHOOD EDUCATION SUMMER INSTITUTE

PROMOTING PHYSICAL LITERACY THROUGH ACTIVE PLAY IN EARLY LEARNING ENVIRONMENTS



Photo by Travis Swan

UBC VANCOUVER

ECED 480B | ECED 565F | non-credit

JULY 6-17, 2015

1:00pm - 5:00pm

REGISTER BY MAY 25

for academic credit or non-credit participation

PHYSICAL ACTIVITY AND ACTIVE PLAY IN EARLY LEARNING SETTINGS

Physical activity and active play are essential to healthy child development. Engaging in active play benefits all aspects of children's development (social, emotional, physical and physiological). In this course we will discuss the benefits of active play (indoor and outdoor; structured and unstructured). We will also critically examine current physical activity guidelines and the role of such guidelines in early learning environments.

PHYSICAL LITERACY AND YOUNG CHILDREN

Physical literacy is a concept which has gained increasing attention in recent years. It is an integral part of both physical activity participation and child development. We will examine the current definitions used to describe physical literacy to understand its impact on early child development, and commonly used methods for enriching physical literacy in young children.

EDUCATORS HAVE A VALUABLE ROLE TO PLAY

In addition to parents, educators are often children's first role models and play a valuable role in shaping children's health-related behaviours. In this course we will explore practical aspects on how to best support educators in incorporating physical activity in early learning environments, while also improving their own physical activity related behaviours.



DR. AMANDA FROEHLICH CHOW

was born and raised in rural Saskatchewan. She has a PhD in Community Health & Epidemiology and is currently a Postdoctoral fellow and instructor in the College of Kinesiology at the University of Saskatchewan. Amanda is passionate about promoting active, healthy lifestyles for young children.

Her research interests include the implementation and evaluation of community-based interventions that are aimed at increasing healthy behaviours in children, families and early childhood educators.

ACADEMIC INFORMATION

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REGISTRATION

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a place of mind

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