

EARLY CHILDHOOD EDUCATION (ECE) SUMMER INSTITUTE

PROMOTING PHYSICAL ACTIVITY AND PHYSICAL LITERACY THROUGH ACTIVE PLAY IN EARLY LEARNING ENVIRONMENTS



Photo by WorkingCS

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 development (social, emotional, physical and physiological). In this course we will discuss the benefits of active play (indoor and outdoor; structured and unstructured). The class 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 a lot of 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, including commonly used methods for enriching of physical literacy among young children.

EDUCATORS HAVE A VALUABLE ROLE TO PLAY

In addition to parents, educators are often children's first role models; as such they play a valuable role in shaping children's health related behaviours. During this course we will look at some practical aspects of how to best support educators in incorporating physical activity in their learning environment, 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 sessional instructor in the College of Kinesiology at the University of Saskatchewan. Amanda is mom of 2 young children and an avid marathon runner, her passion for promoting active, healthy lifestyles among all early years children is both professional and personal.

Her research interests include the implementation and evaluation of community-based interventions, aimed at increasing healthy behaviours among early years educators, children and their families.

ACADEMIC INFORMATION

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REGISTRATION

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a place of mind

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