



Lower Eyre Peninsula PHYSICAL ACTIVITY SEMINAR

Specific support for assisting quality movement for 0-5 year olds

Date: 6th July 2011, 2pm – 5pm

Venue: Ravensdale Sports Centre, Port Lincoln

To Register:

You can register for all or part of the program: contact ACHPER (SA), Ph: 8363 5700, Fax: 8362 9800, Email: info@achpersa.com.au

RSVP: Monday July 4, 2011



The Australian Council for Health, Physical Education and Recreation

PROGRAM



This Seminar is targeted at Educators and Carers of 0 – 5 year olds who seek interactive ideas for physical activity and healthy eating in early childhood settings, home environment and the community.

Cost: FREE, Supported by SA Health

You will receive: Practical ideas and a show bag of goodies to support your work/role as a parent with you 0-5 year olds. Learn from highly regarded Australian Leaders in the area of physical activity and early childhood.

1.50pm *Registrations*

2pm *Welcome and Opening*

2.05pm

Keynote Speaker Presentation - Jo Salmon, Deakin University

Professor Jo Salmon is a Principal Research Fellow at the Centre for Physical Activity and Nutrition Research, Deakin University, Melbourne. An expert in the field of physical activity among young children and families, she was co-author of the National Physical Activity Recommendations for 0-5 year olds in Australia. Her research interests are in assessing the effectiveness of interventions to reduce children's sedentary behaviours and promote physical activity

How important is it for young children to be physically active?

Find out what the National Physical Activity Recommendations for 0-5 year olds really mean..? This session will provide you with an overview of the recommendations and the rationale behind it and ways to reduce sedentary (inactive) living in your home or setting!

This presentation will provide an overview of the importance of physical activity and sedentary behaviour on child and adult health.

2.50pm	<i>Break</i>	
3.05pm	<i>Session 1</i>	
	<p>a) An Introduction to Fundamental Movement Skills</p> <p>Presenter: Rick Baldock, eat well <i>be active</i> Primary Schools Project – ACHPER (SA)</p> <p>A practical session that will support you in facilitating your children's participation in physical activity. Learn how to improve your child's skills such as throwing and catching.</p>	<p>b) Ideas for Physical Activity and Healthy Eating for parents</p> <p>Presenter: Anna Angus, Healthy Weight Coordinator, Eyre Cluster</p> <p>This session will showcase specific programs, materials and tips to support 0-5 year olds in physical activity and healthy eating. Learn about ways to motivate your children, and introduce developmentally appropriate activities to move your children. Tips for healthy eating will also be shared.</p>
3.50pm	<i>Break</i>	
3.55pm	<i>Session 2</i>	
	<p>a) An Introduction to Fundamental Movement Skills – Parent specific</p> <p>Presenter: Rick Baldock, eat well <i>be active</i> Primary Schools Project – ACHPER (SA)</p> <p>A practical session that will support you in facilitating your children's participation in physical activity. Skills to be explored will include jumping and running. Session specifically focused for parents.</p>	<p>b) What are other Childhood Centres are doing?</p> <p>Presenter: TBA - to be presented by an experienced childcare professional</p> <p>What other centres are doing...hear them talk about their challenges, thoughts on sedentary and play policies, what is embedded, what has worked, what hasn't worked and some good advice for parents and early childhood workers.</p>
4.40pm	<i>Break</i>	
4.45pm	<i>Close – Jo Salmon, Deakin University & Rick Baldock, ACHPER (SA)</i>	
	<p>a) Quality Resources Available – a brief overview of quality physical activity resources that will assist with your work and parenting. You will be provided with a quality resource checklist to help you to identify some fantastic resources.</p> <p>b) Programs in your community – A general outline of the range of programs in your community that can assist children to get physically active and encourage healthy eating.</p> <p>c) Distribution of free 'show bag' – tools to support physical activity and healthy eating.</p>	
Funded by SA Health, Coordinated by ACHPER (SA)		