

How to increase physical education and self-motivated activity outdoors safely?

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*Ihmistensä
näköinen
kaupunki.*



Järvenpää

A city full of culture and life

Järvenpää is located in the Uusimaa province, close to the main railroad track and two of the main motorways.

Järvenpää is a modern city with a young and well-educated population.

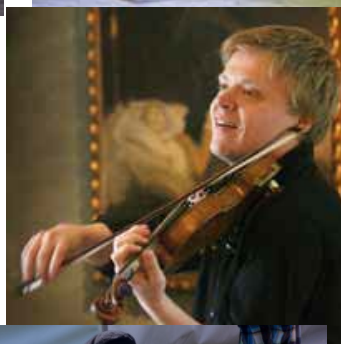
The city is well known for its culture and education, but also for high-tech metal industry.

Järvenpää was founded in 1951, became a city in 1967

39685 inhabitants (at the end of 2012)

Järvenpää's vision is to be a viable cultural city.





19.4.2015

Lake Tuusula: winter activities



Ihmistensä
näköinen
kaupunki.



Nordic (Finland, Sweden, Norway and Denmark) survey of children´s outdoor activities (2009)

- children are outdoors approximately 2 hours per day which is frankly less compared to their parents in their childhood
 - the amount of traditional outdoor games has decreased and the amount of free play has increased
 - parents say: *it´s very important that children are outdoors daily :*
 - ❖ *children get fresh air,*
 - ❖ *children move vigorously and briskly*
- > children will eat healthy and the quality of sleep is better*

Parents are a lot outdoors with their children:

- working together in the garden,
- hiking,
- exercise fit for the season (skiing, skating, cycling)



The childcare practice of children's daytime sleeping outdoors in the context of northern finnish winter

the doctoral thesis of Marjo Tourula, University of Oulu, Faculty of Medicine

- a questionnaire was distributed to the parents of children under 2 years of age



A fit can be found between family – cultural outdoor sleeping childcare practice – and Northern Finnish winter environment:

- ❖ winter environment offers children´s outdoor sleeping fresh air and nature, silence and calmness
- ❖ the best temperature being -5 °C
- ❖ outdoor sleeping was a self-evident and common culturally bound custom
- ❖ by sharing their own experiences, mothers participated in the cultural knowledge-building processes
- ❖ many risk factors (the optimal thermal insulation)also existed, but when all security perspectives were first taken into account it promoted family well-being by creating rhythm and strengthening the fluency of everyday life
- ❖ the basic idea was that outdoor sleeping promoted children´s health

day care centre Pehtoori

- Pehtoori is open 24 / 7 (closed only on Midsummer and Christmas Days)
- the amount of educator community is 34
 - 8 teachers, 23 nurses, 2 assistants for children with special needs and director of the day care centre
- 121 children are divided into 6 groups:
 - ❖ Paws of kittens (1 – 3 years)
 - ❖ Cranberries (1 – 3 years)
 - ❖ Twinflowers (3 – 5 years)
 - ❖ Bluebells (3 – 5 years)
 - ❖ Pole Stars (3 – 5 years)
 - ❖ Weather vanes (5-6 years)
- *In day care centre Pehtoori we offer 24/7 warm and high-quality day care, early childhood and preschool education with a feeling of security.*
- *In the activities we pay attention to long and variable hours in children´s day care and encourage children in their learning processes*



How to increase physical education and self-motivated activity outdoors safely?



POSSIBILITIES

- near the day care centre there are many opportunities to diversified physical education and self-motivated activities
- the educator community started elaborate a plan of physical education
-> space for professional discussion
- educators who are moving and taking part in children´s plays are the main resource every day
- increasing traditional outdoor games and physical education gives children more opportunities to participate
- each group of children have their "own time and space" of outdoors
 - > children´s interest in games and plays gets higher
 - > more time for physical education
 - > educators notice and encourage children who don´t move self-motivated
 - > it´s easier and safer move in small groups

CHAOS

- children's outdoor activities are a BIG ISSUE in the day care centre
 - ✓ Part of educators think that children have right to play to their liking in the yard
 - ✓ Some educators think that safety is most important
 - ✓ The rest of educators are willing to give physical education to children
 - ✓ Different opinions can be seen as an obstacle or a promoter of professional discussions
- it is demanding to make outdoor – rules to children from 1 year to 7 years old
- it takes time to assimilate new models of physical education; educators have to stand ignorancy and also worries
- working in "uncomfortable areas" gives educators possibility to adapt and develop professional awareness

How to increase physical activities in daily life?

(the educator community 20.9.2011)

SATISFIED WITH:

- hiking on regular basis
- good equipment and space to move indoors
- daily outdoor activities and in winter skating, skiing
- proper playground in the day care centre
- football ground in the neighborhood

NOT SATISFIED WITH:

- indoors only one room for wild plays
- too many negative sentences both indoors and outdoors
- conflicting rules
- running in the corridor
- same outdoors rules to all children (0 - 6 years old)
- physical education too much in the morning
- lack of educators

How to increase physical activities in daily life?

(the educator community 20.9.2011)

POSSIBILITIES

- the corridor
- children from separate groups play together
- creativity
- common physical education to several groups
- football area
- area for cycling
- better community spirit

GOALS

- plays and activities when children go from outdoors to indoors
- rules and space for physical plays to find permitted ways to move and jump in the corridor
- all the children move!
- parents move more with their children
- new equipment
- materials to build huts outdoors
- shared physical activities to all children
- workshops in physical education
- list of professional know-how

How to increase physical education and self-motivated activity outdoors safely?

SURVEY physical activities and attitudes:

- ❖ The activities of the educators in the outdoor environment
- ❖ In 24 hour day care physical activities are possible also in the evening
- ❖ The increase of physical activities does not decrease the safety skills of children





How to increase physical education and self-motivated activity outdoors safely?

ASSESS built facilities, immediate neighborhood and the playground equipment:

- ❖ Natural areas and sports facilities in the neighborhood are utilized
- ❖ The amount of playground equipment is sufficient, it is well taken care of and easily accessible to children



How to increase physical education and self-motivated activity outdoors safely?

OBSERVE the child:

- ❖ Is the child running wild or moving?
- ❖ A child needs at least two hours of brisk physical activity every day
- ❖ A physically active child feels happy in the day care



How to increase physical education and self-motivated activity outdoors safely?

ENCOURAGE the child to be active physically:

- ❖ Be aware how fundamental physical activity is to children`s well-being and healthy growth
- ❖ The strong professional awareness, know-how and innovation of the educator community
- ❖ Children are provided with an opportunity to have daily physical activities in a diversified way
- ❖ Children who are less active physically are noticed and encouraged to move



THE EDUCATORS COMMUNITY PLANS AND ARRANGES PHYSICAL EDUCATION OUTDOORS

- 1) on Fridays purposed and
diversified physical education
outdoors to all children of the day
care**
- 2) the educators move with
children and encourage children
to move**



**ONCE A WEEK CHILDREN IN
PEER GROUPS HAVE OUTDOOR
ACTIVITIES IN THE PLAYGROUND
OF THE DAY CARE UNIT**





**THE BASIC EQUIPMENT FOR
CHILDREN 'S PHYSICAL
ACTIVITY IS SUFFICIENT AND
EASILY ACCESSIBLE TO
CHILDREN**

to increase children 's daily
physical activity in the
playground during self-
motivated activity

EXPERIENCES, THOUGHTS ...

Leena (teacher):

*"The most important experience to me is that I look at children "with new eyes".
I understand physical activities more through the experiences of children.
That gives me great pleasure and joy!"*

Iiro (teacher):

*"Time to time I have had the feeling that being the promotor of the developing process is too much. Those educators who are unwilling step aside easily. I have had to accept that some colleagues are not interested in education which is professionally very important to me.
The only way to have an effect on passive educators is my professional way of giving physical education.
When educators notice how children enjoy to move they hopefully change their way of thinking and acting more positive."*

Hanna:

*"As a director I have seen Leena's and Iiro's great commitment in developing and promoting the developing process.
In the beginning my own role was smaller but it has grown bigger during the process. Now I think that it's my responsibility to maintain the professional discussion and the realization of development model of physical education. I'm surprised how long time it takes when the new way of working becomes more common.
I have also noticed how demanding it is to make educators committed in physical education.
My priority in the future is to maintain the professional discussion of the realization of physical education.
I find also very important that in the future we have educators like Leena and Iiro who keep on promoting physical education in our day care centre."*