



Child Health Initiative for Lifelong Eating & Exercise

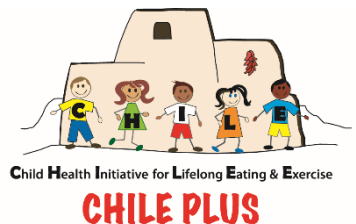
**CHILE PLUS**

# Increase Exercise and Play Time with the CHILE Plus Curriculum

Patty Keane, MS, RD  
Renee Conklin, MS, RD  
Native American Child and  
Family Conference  
March 15, 2017

# Objectives

1. Identify physical activity recommendations for children in early childhood education settings.
2. Understand the importance of physical activity for children in early childhood and education settings.
3. Participate in age appropriate physical activities that can be used in the classroom.
4. Identify strategies to include more physical activity during Head Start classroom time.



# CHILE Plus Activity Break #1



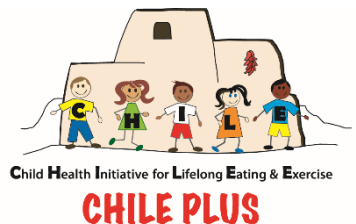
Game Time #1  
Warm Up-Stretches

Exercise Break #1  
My Name Is

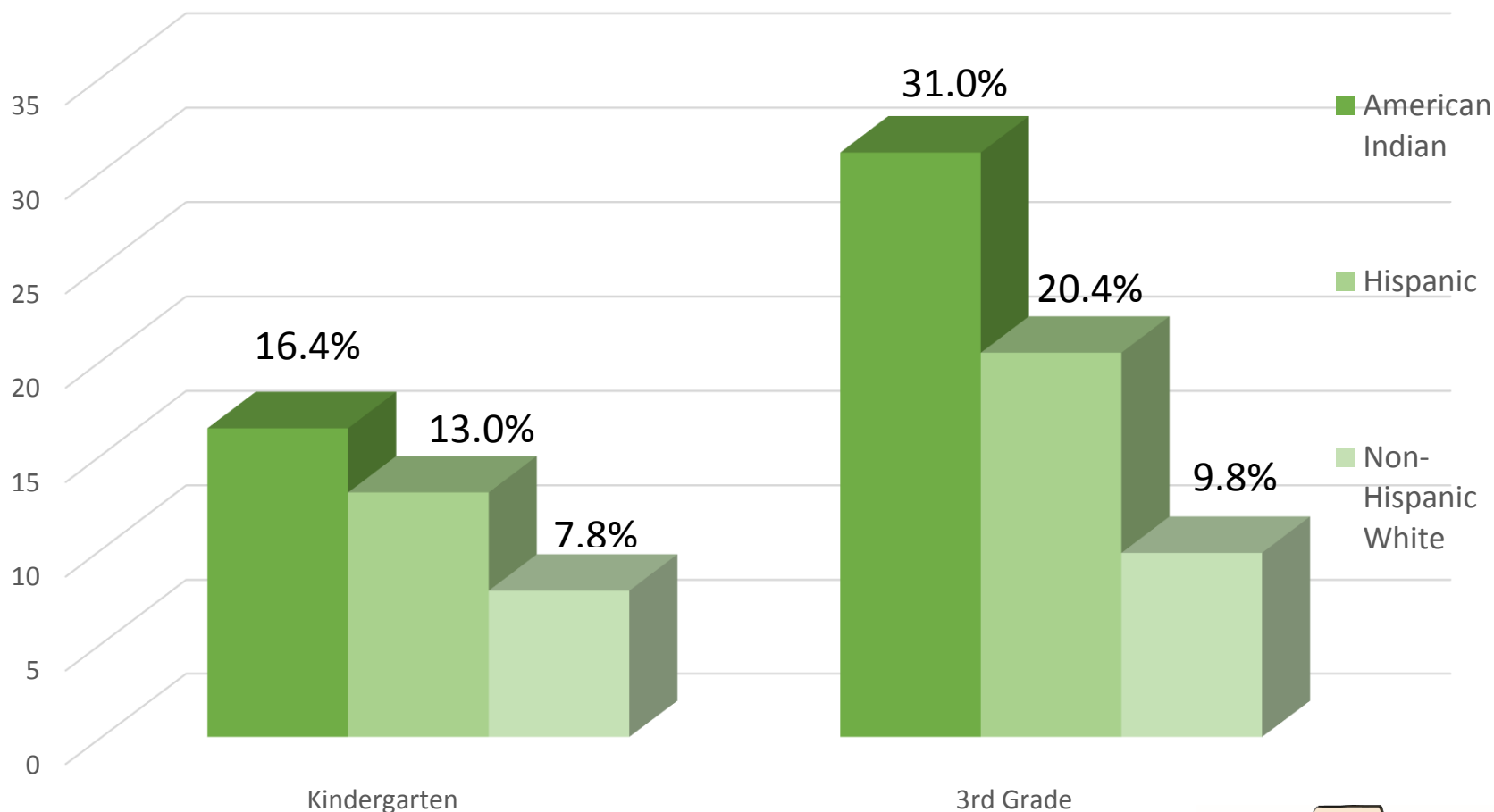
# CHILE Objectives

*Based on evidence of what we know works for reducing risk for obesity:*

1. Children will eat more fruits, vegetables, and whole grain foods
2. Children will eat fewer high-fat foods and drink fewer sugary beverages
3. Children will spend more time every day engaged in moderate-to-vigorous physical activity
4. Children will spend less time watching TV and playing computer/video games



# Childhood Obesity in New Mexico



New Mexico Dept of Health. New Mexico Childhood Obesity 2015 Update. March 2016

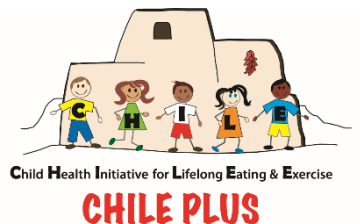


# Obesity in the US

Obesity prevalence by age group from 2011-2014:

- 8.9% children ages 2 to 5
- 17.5 % children ages 6 to 11
- 20.5% children ages 12-19
- 36.5% of adults

Data for adults, children, and adolescents indicate flattening of trends in the most recent periods.



# Defining Overweight and Obesity

- Determined by using weight and height to calculate "body mass index" (BMI)
- BMI correlates with amount of body fat
- BMI between 25 and 29.9 = overweight
- BMI 30 or higher = obese
- Children's scores calculated according to age to account for growth
- BMI calculator:  
[http://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)



# CHILE Plus Overview

- Program of the UNM Prevention Research Center
  - Developed with grant from NIDDK (2006-2011)
  - Developed with NM Head Start communities since 2007
- Funded by Supplemental Nutrition Assistance Program Education SNAP-Ed since 2011
  - NM Human Services Department
- Developmentally appropriate for ages 3-5
- Evidence-based curriculum





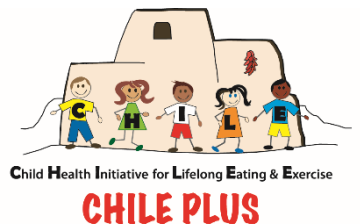
# CHILE Plus includes the following components:

1. Head Start classroom curriculum
2. Head Start food service component
3. Head Start teaching and foodservice staff professional development
4. Family component
  1. Family Engagement training
  2. Family Education materials (sent home throughout year)
  3. CHILE Plus messages included in Head Start home visits and parent/teacher conferences



# Physical Activity Guidelines for Preschoolers

- **Total:** 2 hours **minimum** every day
- **At least** 60 minutes **every day** of **unstructured** physical activity
- **At least** 60 minutes **every day** of **structured** physical activity
  - Structured Physical Activity: Activity with instructions that is led by an adult, teacher, provider, coach, etc.
- No more than one hour at a time of sedentary time- except when sleeping!
- New recommendations from the American Academy of Pediatrics for screen time
  - No more than 1 hour of screen time daily for children aged 2 to 5 years



# Physical Activity Lessons Overview

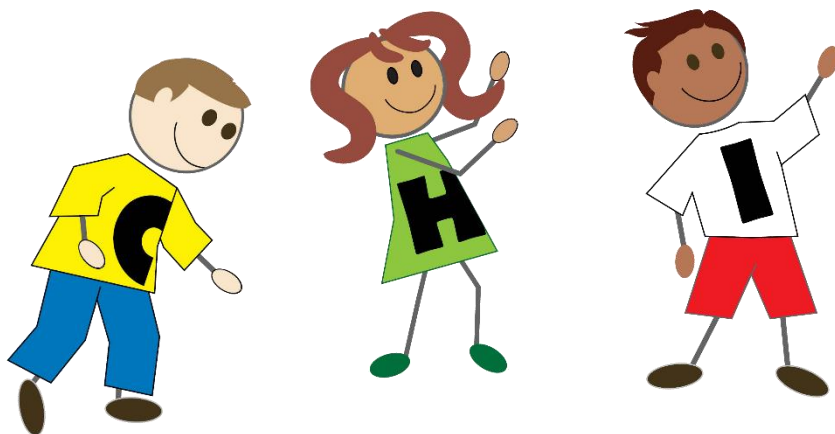
- Developed in partnership with Head Start teachers and families in 2007-2008
- 115 short-duration activities that require little (or no) equipment
- Develops gross-motor skills
- Designed to be developmentally appropriate, safe, fun, keep children moving, and to *set-up-for-success*
- *Meet Early Learning Framework and Domains*



# CHILE Plus Activity Break #2

## Exercise Breaks

Let's Move Like a...(Exercise Break #16)



# CHILE Physical Activity Curriculum



All available online

<http://prc.unm.edu/chile-plus/early-childhood-centers/chile-plus-curriculum.html>





**Why is physical activity important to young children?**

# Health Benefits of Physical Activity

- Lessens chance of being overweight/obese
- Active now means children are more likely to be active as adults
- Reduces the risk of developing diabetes, high blood pressure and heart disease
- Builds strong bones
- Improves sleep
- Improves emotional and mental health

Improves mood and self esteem, lowers aggression



# Learning Benefits of Physical Activity

- Improves focus, attention and creativity
- Enhances reading & writing through rhythm
- Develops vocabulary:
  - Ex: action words- *stomp, pounce, stalk, slither, smooth, strong, gentle, enormous*
- Promotes adverb & adjective understanding
  - “slow walk” or “skip lightly”
- Encourages dramatic play
- Increases an understanding of poems, stories, & songs

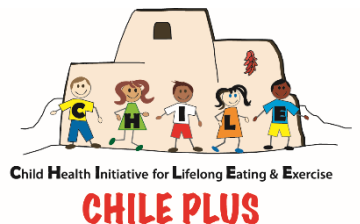




# Learning and Movement

Physical activity goes a long way in assisting with:

- Classroom Management
- Following directions and rules
- Learning spatial awareness
- Interacting with peers
- Creating habits that will stick with them for life



# CHILE Plus Activity Break #3

## Game Time

### Game Time Lesson #1:

- Warm-up: Body Stretches
- Activity #1: Step-by-Number
- Activity #2: Steal the Hat
- Cool-Down/Wrap-up: Rest & Relax





**How much physical  
activity do we need?**

# National Association of Sport and Physical Education (NASPE)

## Guidelines for 3-5 yrs

- ***At least*** 60 minutes ***every day*** of unstructured physical activity
- ***At least*** 60 minutes ***every day*** of structured physical activity
- No more than one hour at a time of sedentary time
  - except when sleeping!

**Total: 2 hours minimum every day**

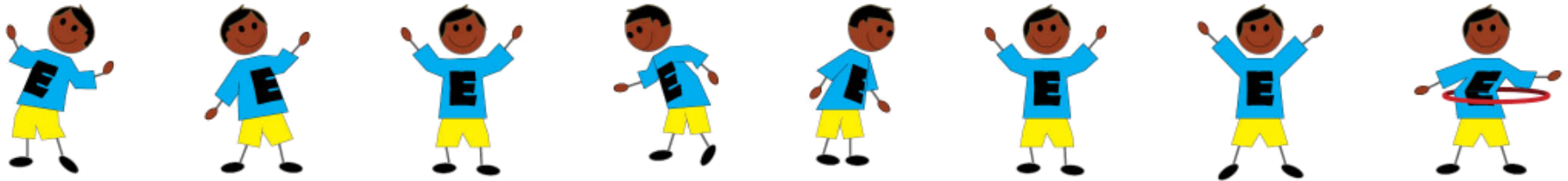


# Physical Activity Guidelines: Adults

- At least 150 minutes (2 hours and 30 minutes) a week moderate-intensity,  
or
- 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity  
or
- Equivalent combination of moderate- and vigorous intensity aerobic activity
- Episodes of at least 10 minutes
- Preferably spread throughout week
- Adults who participate in any amount of physical activity gain some health benefits



# What is MVPA?



Moderate to Vigorous Physical Activity

**Light Activity:** can sing a song while moving

**Moderate Activity:** Can talk but not sing

**Vigorous Activity:** Can only say 1 or 2 words at time

# Opportunities for Physical Activity

- Arrival
- Transitions
- Circle Time/Read-Alouds
- Recess/Outdoor Play



# CHILE Plus Activity Break #4



Free Dance (Move N'Groove #11)

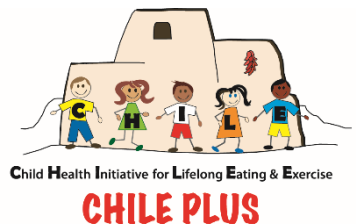




# Strategies for Adding More PA

- **Write** the activities into your lesson plans
- **Start** the day with physical activity e.g. Body Stretches,
- **Add** a CHILE physical activity to the beginning and at the end of a circle time activity.
- **Add** a CHILE physical activity during
- **Add** a CHILE physical activity to the beginning or end of outside play.
- **Add** a CHILE physical activity before “Read Aloud”

*10 + minutes each adds up to 50 + minutes!*



# CHILE Plus Activity Break #5

## Exercise Breaks

### Children's Folk Dances (EB 32-33)



# Beyond the Classroom



## Physical Activity newsletters and take-home kits

- Includes physical activity tips
- Active Play... Every Day!
  - Ideas to help families be active together
- Turn off Tuesdays (or any day/time)
- Family involvement



# CHILE Physical Activity Equipment

- ☐ Playground ball
- ☐ Parachute
- ☐ Music CDs
- ☐ Bumpy Balls
- ☐ Game Hoops
- ☐ Bean Bags
- ☐ Scarves
- ☐ Activity Mats
- ☐ Beach Balls



# CHILE Plus Online: Website

<http://prc.unm.edu/chile-plus>

The University of New Mexico

UNM A-Z StudentInfo FastInfo myUNM Directory more...



PREVENTION RESEARCH CENTER  
*Prevention & Population Sciences: CHILE Plus Program*

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### CHILE Plus Nutrition Curriculum

Each of the eight nutrition modules is comprised of eight lessons which focus on one new vegetable and one new fruit, providing children with four exposures (or tasting opportunities) to each new food.

### CHILE Plus

The Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus program is the dissemination of the original CHILE intervention. CHILE Plus continues as an evidence-based, multidisciplinary nutrition education and obesity prevention program among American Indian and Hispanic children enrolled in Head Start programs across rural New Mexico. CHILE Plus is behaviorally-focused and is based on the socioecological model.

CHILE Plus is funded by the New Mexico Human Services Department as a Supplemental Nutrition Assistance Program Education (SNAP-Ed) project. The purpose of SNAP-Ed is to improve the likelihood that SNAP-eligible individuals and families will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and USDA food guidance.

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These materials include recipes and preparation ideas for bell pepper and melon, food safety tips, as well as fun ideas for staying active through family activities, games and ideas for exploring your community.

[English](#) / [Spanish](#)

### Module 2: Broccoli and Pear

These materials include recipes and preparation ideas for broccoli and pear. There are also purchasing tips for lower fat milk and cheese and whole grain low-sugar cereal as well as fun ideas for staying active in the winter through holiday family activities, games, dances and reducing screen time.

[English](#) / [Spanish](#)

### Module 3: Tomato and Pineapple

These materials include recipes and preparation ideas for tomato and pineapple. There are also purchasing tips for drinks and whole wheat bread as well as fun ideas for staying active in the winter through family activities, crafts and reducing screen time.

[English](#) / [Spanish](#)

### Module 4: Spinach and Apple

These materials include recipes and preparation ideas for spinach and apple. There are also preparation tips for lower fat ground beef and purchasing tips for whole wheat tortillas as well as fun ideas for staying active through family activities, games, songs, art and gardening. Additionally, you will find information on playground safety.

[English](#) / [Spanish](#)

### Module 5: Squash and Peach

These materials include recipes and preparation ideas for squash and peach as well as food safety tips. There are also preparation tips for dried beans as well as fun ideas for staying active through family activities, walking, hiking and ideas for exploring your community.

[English](#) / [Spanish](#)

### Module 6: Sweet Potato and Orange

These materials include recipes and preparation ideas for sweet potato and orange. There are also purchasing tips for whole grain pasta and lower fat milk and cheese as well as fun ideas for staying active in the winter through family activities, games, dances, exercises and stretches.

[English](#) / [Spanish](#)

### Module 7: Cucumber and Strawberry

These materials include recipes and preparation ideas for cucumber and strawberry. There are also purchasing tips for brown and wild rice and drinks as well as fun ideas for staying active through family activities, games, story-telling and reducing screen time.

[English](#) / [Spanish](#)

### Module 8: Asparagus and Kiwi

These materials include recipes and preparation ideas for asparagus and kiwi. There are also preparation tips for lower fat ground beef and purchasing tips for whole wheat flour as well as fun ideas for staying active through family activities, games, gardening and camping. Additionally, you will find information on playground safety.

[English](#) / [Spanish](#)


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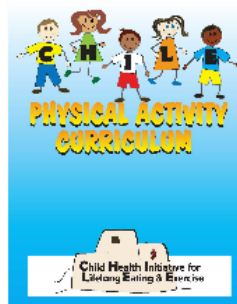
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## CHILE Plus Curriculum

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- » Module 7: Cucumber and Strawberry
- » Module 8: Asparagus and Kiwi

### Physical Activity Curriculum Introduction



Guidelines from the National Association of Sport and Physical Education (NASPE) state that preschool-age children should engage in 60 minutes of structured activity per day, AND 60 minutes (and up to several hours) of unstructured activity per day. Curriculum activities are used to add at least 30 minutes of physical activity per day to a usual recess and activity schedule.

- » Exercise Breaks
- » Game Time
- » Move 'N' Groove

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- ▶ Module 8: Asparagus and Kiwi
- ▶ Physical Activity Curriculum Introduction

### Exercise Breaks



Exercise Breaks are designed to be short in duration and require a small space, with little-to-no equipment. Exercise Breaks are a great way to transition children from one activity to the next and help them to be more focused throughout the day. Exercise Breaks can be performed in the classroom, outside or in a large room such as a gymnasium or meeting room. Remember, each time a child is physically active, it is an important step toward fulfilling the national recommendations for preschool-aged children of 60 minutes of structured and 60 minutes of unstructured physical activity each day.

- ▶ Game Time
- ▶ Move 'N' Groove



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- [Physical Activity Curriculum Introduction](#)
- [Exercise Breaks](#)

#### Game Time



Game Time lessons are physical activity lessons that are comprised of 4 parts: Warm-Up, Activity 1, Activity 2 and Cool Down. Game Time lessons usually require teachers to lead games that have rules children must follow. Most Game Time activities require more space than an average classroom provides, so teachers are encouraged to teach Game Time lessons outside or in a large room such as a gymnasium or meeting room.

[Move 'N' Groove](#)



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- › Exercise Breaks
- › Game Time

#### Move 'N' Groove



All of the activities in the Move 'N' Groove Kit are designed to encourage movement through music and dance. Encourage children to move and groove as they please. Have fun and enjoy watching them spin, turn, dance, float, shake and wiggle with delight!



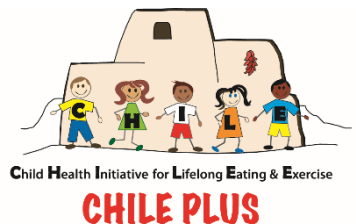
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# Strategies for Adding Physical Activity

- **Write** the activities into your lesson plans
- **Start** the day with physical activity e.g. Body Stretches,
- **Add** a CHILE physical activity to the beginning and at the end of a circle time activity.
- **Add** a CHILE physical activity during transitions e.g. breakfast, lunch, bathroom breaks; washing hands, outdoor time.
- **Add** a CHILE physical activity to the beginning or end of regular outside play.
- **Add** a CHILE physical activity before “Read Aloud”

*10 + minutes each adds up to 50 + minutes!*



# Pop Quiz!

What is the minimum amount of total physical activity that preschool-age children need every day for the whole day? \_\_\_\_\_

(hint: # of hours)



# Feedback



How are you already incorporating structured physical activity into your day?

Who can think of possible challenges for including structured physical activity throughout the day?



# Resources

## ❖CHILE

<http://prc.unm.edu/chile-plus/early-childhood-centers/chile-plus-curriculum.html>

## ❖PAK for Young Children

[https://www.ihs.gov/hpdp/includes/themes/newihstheme/display\\_objects/documents/pak/PAKBook5.pdf](https://www.ihs.gov/hpdp/includes/themes/newihstheme/display_objects/documents/pak/PAKBook5.pdf)

## ❖Kimbo Educational

[kimboed.com/](http://kimboed.com/)

## ❖CHILE CD list

[http://www.amazon.com/lm/R3NRO2PN7CLWAN/ref=cm\\_s\\_w\\_em\\_r\\_lm\\_BJqisb1104RHW\\_lm\\_BJqisb1104RHW?](http://www.amazon.com/lm/R3NRO2PN7CLWAN/ref=cm_s_w_em_r_lm_BJqisb1104RHW_lm_BJqisb1104RHW?)



## Let's Get Moving with the CHILE Plus Curriculum:

- Jack Grunsky
  - Fruit Salad Hand Jive
  - Big Thunder Dark Sky
- Children's Folk Dances
  - Ulilli E
- Preschool Aerobic Fun
  - Movin' Every Day

Music: Children's Folk Dances (Kimbo Ed) and Preschool Aerobic Fun available at [Amazon.com](https://www.amazon.com) and [Kimboed.com](https://www.kimboed.com)

Jack Grunsky: Sing and Dance, available at [Amazon.com](https://www.amazon.com)



# Thank You!

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- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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