

Supporting physical activity in the childcare environment: The SPACE study ^[1]

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Source: YouTube

Format: Video

Publication Date: 1 Nov 2018

AVAILABILITY

Access online ^[2]

Summary

Patria Tucker, from the University of Western Ontario, led the Supporting Physical Activity in the Childcare Environment (SPACE) study. The study aimed to improve the physical activity levels of preschoolers in child care in London, Ontario. The goal was to have the children moving to a point of increased heart rate and sweating. The study provided training to educators in the child care centre, new portable play equipment, and shorter, more frequent outdoor play sessions. After eight weeks, the study found increases in children's movement, specifically in energetic play. The video notes that the results were not sustained after the study; one educator at the centre noted that the training and outdoor play equipment was helpful however, some children struggled with the additional transitions that came with shorter, more frequent outdoor play.

Related link: 2020 ParticipACTION report card on physical activity for children and youth ^[3]

Region: Ontario ^[4]

Tags: outdoor play ^[5]

physical environment ^[6]

wellbeing ^[7]

Source URL (modified on 11 Sep 2024): <https://childcarecanada.org/documents/child-care-news/24/09/supporting-physical-activity-childcare-environment-space-study>

Links

[1] <https://childcarecanada.org/documents/child-care-news/24/09/supporting-physical-activity-childcare-environment-space-study> ^[2]

<https://www.youtube.com/watch?v=wtCB14pUbhE> ^[3] <https://childcarecanada.org/documents/research-policy-practice/20/07/2020-participaction-report-card-physical-activity-children> ^[4] <https://childcarecanada.org/taxonomy/term/7856> ^[5] <https://childcarecanada.org/taxonomy/term/9186> ^[6]

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