

Classroom Activities Guide



Imprint

Authors

Ludwig-Maximilians-University (LMU), Munich, Germany: Kristin Duvinage, Sabine Ibrügger, Berthold Koletzko
State Institute of Early Childhood Research (IFP), Munich, Germany: Andreas Wildgruber, Susanne Kreichauf
Ghent University (UGent), Ghent, Belgium: Marieke De Craemer, Ellen De Decker, Lea Maes, Greet Cardon, Ilse De Bourdeaudhuij
Harokopio University (HUA), Athens, Greece: Yannis Manios, Odysseas Androutsos, Eftychia Apostolidou
Medical University of Varna (MUV), Varna, Bulgaria: Mina Lateva, Violeta Iotova, Natalya Usheva, Sonya Galcheva, Vanya Marinova
Children's Memorial Health Institute (CMHI), Warsaw, Poland

Contributors:

Roehampton University (RoU), London, United Kingdom: Leigh Gibson

VU University Medical Center (VUMC), Amsterdam, The Netherlands: Mai Chin A Paw, Saskia te Velde

AOK-Publishing Company (AOK), Remagen, Germany

Durham University (UDUR), Durham, United Kingdom: Carolyn Summerbell, Helen Moore, Catherine Nixon

University of Zaragoza (UniZar), Zaragoza, Spain: Luis A. Moreno Aznar, Theodora Mouratidou, Maria Isabel Mesana Graffe

Photographs:

AOK-Publishing Company, Remagen, Germany

Publisher/ Illustrations, Graphic and Sales:

AOK-Publishing Company, Lilienthalstr. 1-3, 53424 Remagen, Germany

© Copyright 2012 Ludwig-Maximilians-University, Munich; State Institute of Early Childhood Research, Munich; Ghent University, Ghent; Harokopio University, Athens; Medical University of Varna, Varna; Children's Memorial Health Institute, Warsaw; AOK-Publishing Company, Remagen

We acknowledge the adoption of concepts and ideas from previous programmes such as ENERGY, POP, Cretan Health and Nutrition Intervention programme, and of text and material from TigerKids.



The research leading to these results and the creation of this material has received funding from the European Union's Seventh Framework Programme (FP7/2007-2013) under grant agreement n° 245200.

For further information and reproduction purposes please visit the Toybox website: www.toybox-study.eu



Contents

Physical act	rivity	3		
Physical a	ctivity – a way to develop personality	3		
Promotion of physical activity in ToyBox				
Part 1: Setti	ng environmental changes in the kindergarten	5		
Adaptatio	on of the kindergarten to a physical activity-friendly room	5		
How to re	arrange the kindergarten environment?	6		
Comforta	ble clothes when being physically active	6		
Part 2: Child	d performing the actual behaviour	7		
General ir	nstructions for physical activity sessions	7		
General in	nstructions for the implementation of each physical activity session	8		
Level 1	: Beginners	10		
1	Chiffon cloths and parachute	10		
2	A day at the construction site (part 1)	12		
3	Cardboard rolls (part 1)	14		
4	With the Indians (part 1)	16		
5	Newspaper session (part 1)	18		
6	Material journey	20		
Level 2	: Advanced	22		
7	Barefoot land	22		
8	In the jungle	24		
9	Ball games	26		
10	Cardboard roles (part 2)	28		
11	Children's Olympics	30		
12	Newspapers and clothes pegs	32		
13	In the circus (part 1)	34		



Level 3	: Professionals	36
14	A day at the construction site (part 2)	36
15	Trip to the bakery and the playground	38
16	Small pirates	40
17	Games with a balloon	42
18	Journey to different countries	44
19	We all are astronauts	46
20	Ties and clothes pegs	48
Level 4	l: Experts	50
21	In the throwing park	50
22	In a foreign country	52
23	Newspaper session (part 2)	54
24	With the Indians (part 2)	56
25	At the fête	58
26	Ties and coasters	60
Part 3: Class	sroom activities	62
Kangaroo	o stories	63
1.7	An adventure to the park	63
2.1	The contest	66
3.1	ittle Kangaroo builds a snowman with its friends	70
4. l	ittle Kangaroo and its friends fight for their playground	73
Excursion	ns	77
1.1	Nalk in the countryside	77
2.1	Maize field labyrinth	77
3. 9	Swimming pool	77
4. F	Playground or adventure playground	77
Part 4: Refe	rences	78