



Craftercise

**PROFESSIONAL
LEARNING
WORKSHOP
FOR EARLY CHILDHOOD EDUCATORS**

Fun and simple strategies to develop children's physical literacy and enhance physical activity opportunities in early childhood settings

Presented by Dr Amanda Telford (PhD) and Aleisha Dakin

Cost, enquiries and bookings:

info@craftercise.com.au or call Aleisha on 0400 232 224

Learn more



This hands on session is designed to empower early childhood educators working in kindergarten and childcare settings with a fun range of strategies to enhance children's physical literacy and physical activity opportunities. Physical literacy is moving with confidence and competence in a wide variety of activities and environments (indoors, outdoors, sand) that develop the whole person. Children who develop the competence and confidence to move are more likely to be active for life. Today, children are more inactive than ever before. Active children may experience:

- Improved health
- Better academic performance
- Better fitness and energy levels
- Stronger muscles and bones
- More happiness
- Improved self-confidence

During this 90-120 minute interactive workshop Amanda and Aleisha will provide educators with:

- Information relating to the physical, social, emotional and cognitive development associated with physical activity and sensory play
- The association between brain development and movement
- Activity patterns of children in early years settings based on research
- Australian physical activity and sedentary behaviour guidelines for birth-6 years
- Key principles of integrating movement experiences (inclusive, safe and developmentally appropriate)
- Tips for modifying physical activities to cater for all abilities
- The importance of physical literacy
- Outline of strategies and safety considerations for activities designed to develop:
 - The senses (including vestibular and proprioception)
 - Fundamental movement skills (reception, propulsion, striking, balance, locomotor, kicking)
 - Ideas for developing literacy and numeracy through movement
 - Fine motor skills
 - Bone health and high impact activities (including landings and obstacle course design)
 - Collaborative physical activities to develop social development



Testimonial:

I have been working in the childcare sector for over 17 years attending many professional development sessions throughout my time. This is the first professional development session I have ever attended that focused on children's physical development and physical activities. The PD was engaging for educators and myself and we brought a lot of new ideas back to the centre. It was very inspiring for everyone and taught us a lot about the importance of encouraging everyday physical activity in our program.

I would highly recommend this professional development training to all Early years' educators.

Wivvienne Tran
Centre Coordinator –
Sydenham Children's Centre

About the presenters

Dr Amanda Telford (PhD)

Amanda (Craftercise Creator and educational designer) is an experienced educator and researcher having completed over 30 studies, as a Chief Investigator, in children's physical activity, sedentary behaviour, health and well-being in educational, community and family settings. Amanda, a mother of two, has over a decade of experience as an Associate Professor and program director of two highly regarded HPE degrees and has trained thousands of primary and secondary HPE teachers. Amanda is a former HPE teacher and an award winning author with over 100 publications including over 30 textbooks used in primary, secondary and tertiary sectors throughout Australia and NZ. Amanda is also the Founder and Co-director of Peak Phys Ed (www.peakphysed.com.au) providing professional learning conferences for over 1,200 HPE teachers a year across VIC, NSW, ACT and QLD. Amanda has won numerous teaching awards at university level and was a member of the panel responsible for the development of the Australian physical activity and sedentary behaviour guidelines for children and youth. Amanda developed the CLASS physical activity measure used in over 27 countries. Amanda is passionate about assisting educators and parents develop a range of non-screen sensory play based activities to enhance their child's physical, cognitive, social and emotional development. See LinkedIn.

Aleisha Dakin

Aleisha (Craftercise Director and Creator) is an experienced educator with a passion for working with parents and educators interested in enhancing the development and enriching the lives of young children. Aleisha began her career in physiotherapy where her interest in sensory development began and soon transferred over to complete a Bachelor of Applied Science (Physical Education) at RMIT University to work with children and adolescents. She went on to be awarded the Patricia Guthrie Medal, the highest accolade for female graduates within the university based on academic performance, leadership and community service. Aleisha has played at a high level across a range of sports (Tennis, Diving, & Baseball). Aleisha is a VIT registered teacher and has taught health, physical education and sport at primary, secondary and tertiary levels at Loreto (Mandeville Hall, Toorak), Overnewton Anglican Community College and RMIT University. Aleisha has always loved art and craft alongside with physical activity and with Amanda runs the highly regarded Craftercise program in Airport West.