

Health Promotion Evaluation Snapshot

Play Based Professional Learning, August 2019

Health Promotion aims to make healthy choices easy choices through environments that support healthy living.

We work with Schools, Early Learning Services and Communities to achieve the best health for all



Munch & Move is NSW Health initiative that supports the healthy development of children birth to 5 years by promoting physical activity, healthy eating and reduced small screen time.

“It was great to be involved in a training session with the children. Also to have extra adults available while children learn new activities. Well worth attending”

- Educator



What & How?

A Play Based Professional Learning session was offered to Intereach Family Day Care Educators.

This session supported Educators to better develop Fundamental Movement Skills (FMS), such as run, jump, hop, catch, leap and gallop.

The service provided the equipment and outdoor area for the session.

Why?

Many children do not get enough exercise.

Developing FMS builds confidence to enjoy sports and physical activity.

It is important to support and provide training to educators to assist them to provide opportunities for FMS development amongst children they care for.

Who?

Family Day Care Educators attended.

Children 0-5 years participated so Educators could practice new skills in a real setting.

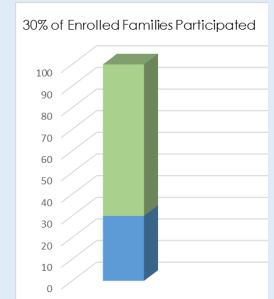
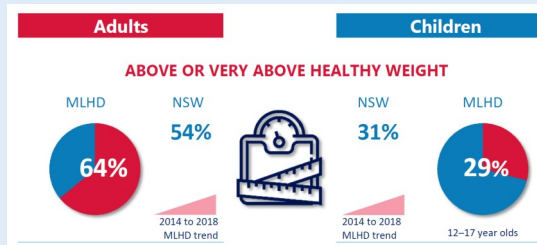
Health Promotion Officer delivered the session with the support of Family Day Care Co-

Results

12 Family Day Care Educators attended.

They reported feeling better able to develop FMS in children in their service.

Physical activity and nutrition policies were also updated for the attending service.



More Information?

Intereach Family Day Care, Deniliquin - Ph. 1300 488 226

Melanie Broadbent, Murrumbidgee LHD Health Promotion Ph. (03) 5882 2903