



Joy in Motion

A PHYSICAL ACTIVITY AND WELL-BEING PROGRAMME
FOR EARLY CHILDHOOD EDUCATION

Independent but not alone!

The Joy in Motion programme is realised in accordance with each unit's own situation, utilising the Baby steps ideology and models for continued development. The Joy in Motion programme will progress one step at a time, in accordance with the situation and needs of each individual unit. Each phase of the development work is bolstered by the programme's concrete tools and support materials, network support and regional seminars.

Let's make it work - join the programme!

1

Participate

Join the Joy in Motion programme at **ilokasvaaliikkuen.fi**. Participation costs you nothing.

2

Gain access

You will gain access to support materials to help with the development, planning and assessment of your activities, while also becoming part of the national network.

3

Develop

Develop the best operational methods for your own unit and implement the Joy in Motion programme in everyday early childhood education!



Joy in Motion Self-evaluation survey

The aim of the assessment tool is to help early childhood education units to select the proper focus for development. The unit receives a summary of the responses. If the assessment is carried out once a year, the unit will be able to utilise the results in its annual planning and to closely monitor the development of its own activities.

Seven core areas:

1. Programme implementation
2. Increase in motion and reduction in sedentary time
3. Participation, competence and well-being at work of personnel
4. Inclusion of children
5. The indoor and outdoor facilities and equipment of the early childhood education unit
6. Functionality and motor skill development
7. Co-operation to advance physical activity among children

Joy, play and doing together

The Recommendations for physical activity in early childhood (Ministry of Education and Culture, Finland 2016:21) encourage children to be physically active for at least three hours each day. The recommendations are based on research concerning the amount and type of physical activity recommended for children under eight years of age and how the adults and organisations interacting with under eight-year-olds can facilitate sufficient physical activity every day.

Varied and sufficient daily physical activity and the reduction of sedentary time are included in the National Core Curriculum for Early Childhood Education and Care (Finnish National Agency for Education 2016), which the

recommendations are intended to supplement. In line with the national regulation, local plans shall endeavour to ensure that physical activity is a natural part of the operational culture within early childhood education and everyday pedagogical activities.

“The objective of early childhood education is to inspire children to participate in all types of physical activities and to experience the joy of motion.”

National curriculum guidelines on early childhood education and care 2016



Quality pledge

The development of an active operational culture is continuous!

4

Customer pledge

- Physical activity is integrated into children's daily routines
- Personnel are skilled and enthusiastic
- Physical activity is part of the everyday activities and the operational culture is active

3

Operational culture

- Physical activity is systematic and goal-directed: included in the early childhood education and care plans of the units and individual groups
- Recommendations for physical activity in early childhood are in use
- The subsequent measures have been selected to create a physically-oriented operational culture

START

Insight

- Commitment and enthusiasm of work community
- Observations

1

Get moving!

- Development work in accordance with the unit's own needs and initial situation
- Rapid start-up and trials via baby steps
- Inclusion of children and increased motion
- Sparring in pairs

2

Operational methods

- Self-evaluation survey to guide the selection of development areas
- Recommendations for physical activity in early childhood as an area of development
- New methods of operation and structures



Every child should have the opportunity to partake in and enjoy physical activity and exercise every day

The goal of the national Joy in Motion programme is to ensure that every child has the opportunity to partake in and enjoy physical activity every day within an active environment. The programme has been put together through collaboration with a network of experts.

In August 2017, the Joy in Motion programme was transferred from the Olympic Committee to become part of the larger national Finnish Schools on the Move programme. Strategic management of the Joy in Motion programme is the joint responsibility of the Ministry of Education and Culture and the Finnish National Agency for Education. The programme is being monitored and supervised by LIKES Research Centre for Physical Activity and Health. The Joy in Motion programme is being realised and developed through broad cross-sectoral collaboration.

www.ilokasvaaliikkuen.fi



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