

# Active Play! Including Toddlers and Preschoolers with Disabilities in Physical Activities with their Typical Peers

Dr. Diane Craft, Active Play Books

Richard Rairigh and Evie Houtz, Be Active Kids



# Active Play!

Including Toddlers and Preschoolers  
with Disabilities in Physical Activity  
with Their Typical Peers



# *Meet today's speaker...*



**Professor of Physical Education, SUNY Cortland, New York  
Consultant with the Centers for Disease Control and  
Prevention - Subject Matter Expert on ECE Physical Activity**

# Overview of webinar

- Discuss characteristics of preschoolers with special needs
- Share specific examples of inclusive physical activities
- Consider guidelines for leading inclusive activities





# What are common special needs of toddlers and preschoolers?

- Speech & language delays
- Developmental delays
- Autism spectrum
- Intellectual disabilities
- Emotional difficulties
- ADHD



Toddlers and preschoolers with special needs share characteristics of typical preschoolers, but often more pronounced!



# Need help with:

- Communicating
- Understanding instructions
- Attending to tasks
- Practicing to learn
- Sharing and getting along with others
- Increasing or decreasing activity level





# Physical activity is important for ALL toddlers and preschoolers





# Goal = Develop Fundamental Movement Skills

## Locomotor Skills

Run, jump, hop,  
gallop, slide, leap, skip

## Object control

Throw, catch, kick,  
strike, bounce, trap

## Stability

Stretch, bend, twist,  
turn, swing, sway,  
inverted balance, upright  
balance...



# Goal = Refine Rudimentary Movements

## **Locomotor – Horizontal**

scoot, crawl, creep

walk on all fours

## **Locomotor – Upright Gait**

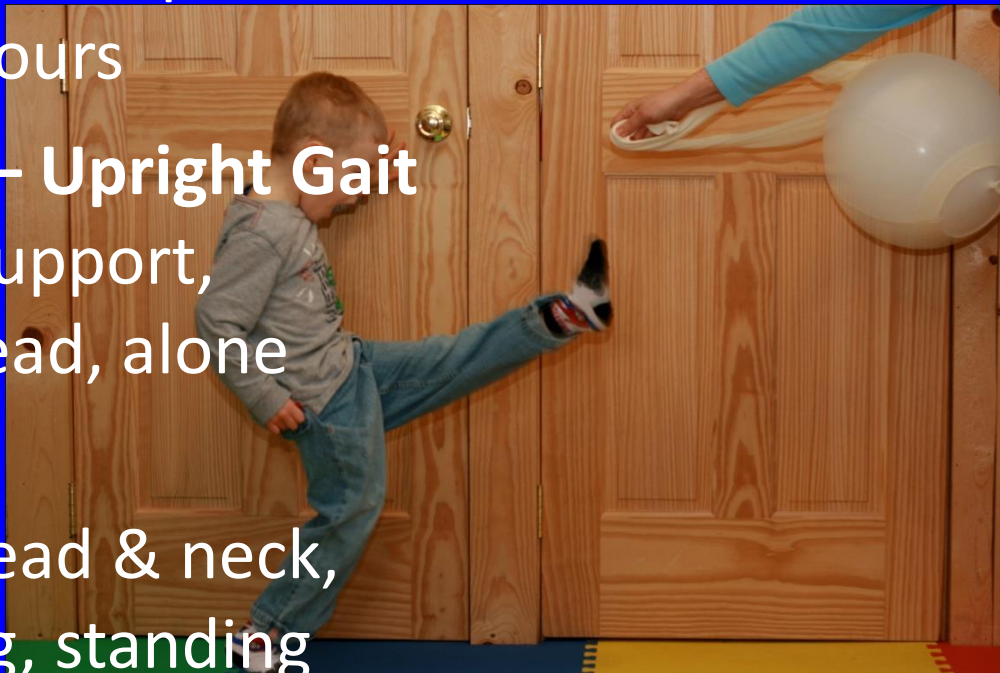
walk with: support,  
handhold, lead, alone

## **Stability**

control of head & neck,  
trunk, sitting, standing

## **Manipulative –**

reach, grasp, release



# Goal = Develop Physical Fitness

- Cardiovascular endurance
- Muscular strength and endurance
- Flexibility





Modify  
**Environment**  
and  
**Task** for the  
**Individual**

# Activity: All Stop and Go to Music

- Practice listening to music cues
- Respond to stop signal
- Sign and say stop
- Practice impulse control



# Activity: Clean Up the Floor

- Clear barrier
- Many soft objects to throw
- Relaxed rules
- Deemphasize winning

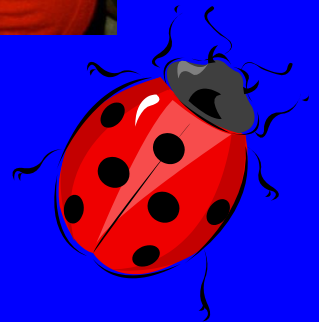




# Activity: Spiders and Bugs



- Non-elimination
- Teach gentle touch
- Assist child as needed



# Activity: Matching Socks

- Practice locomotor skills
- Reinforce cognitive concept of matching
- Learn colors, shapes, patterns
- Assist child as needed





# Activity: Easy Kicking

- Practice eye-foot coordination
- Use tethered balloon
- Cover balloon for safety





# Activity: Easy Punching

- Develop eye-hand coordination
- Use open hand or fist
- Option to contact with any body part



# Activity: Easy Striking

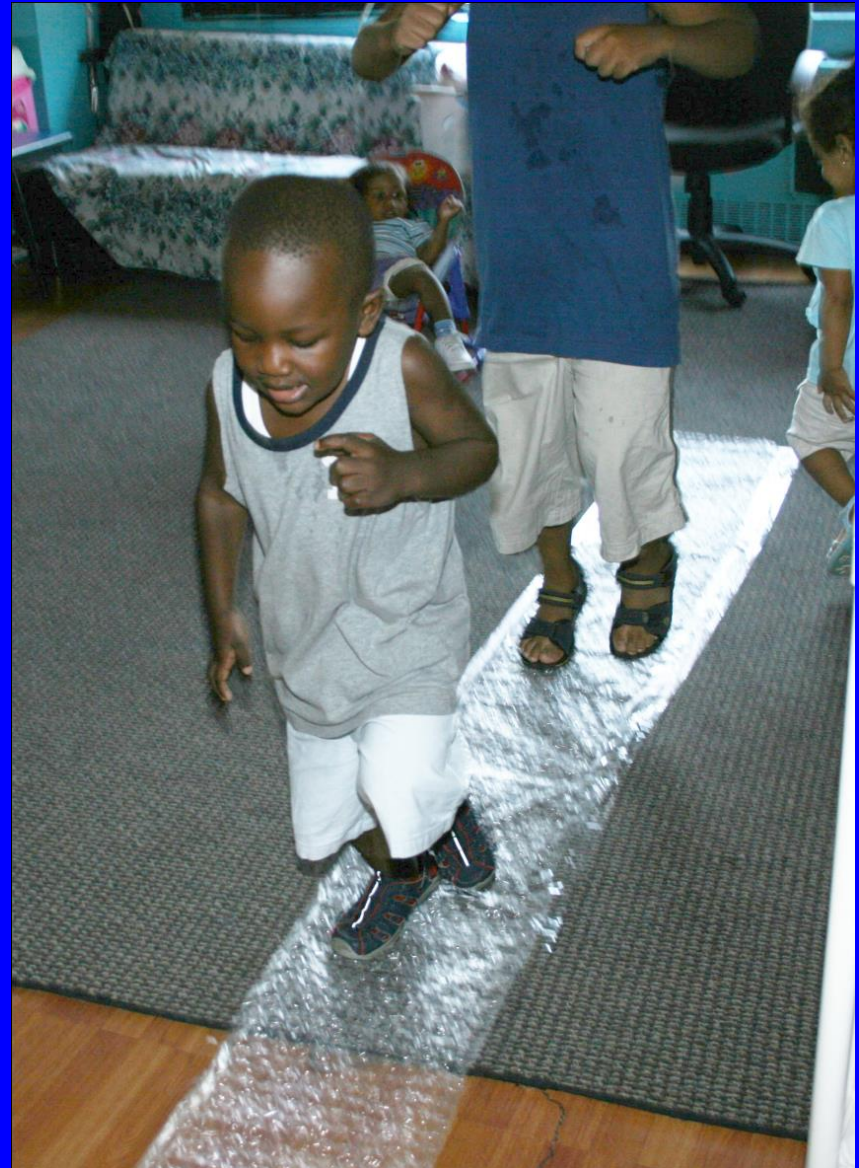
- Use foam bats
- Space balloons far apart
- Batting is privilege





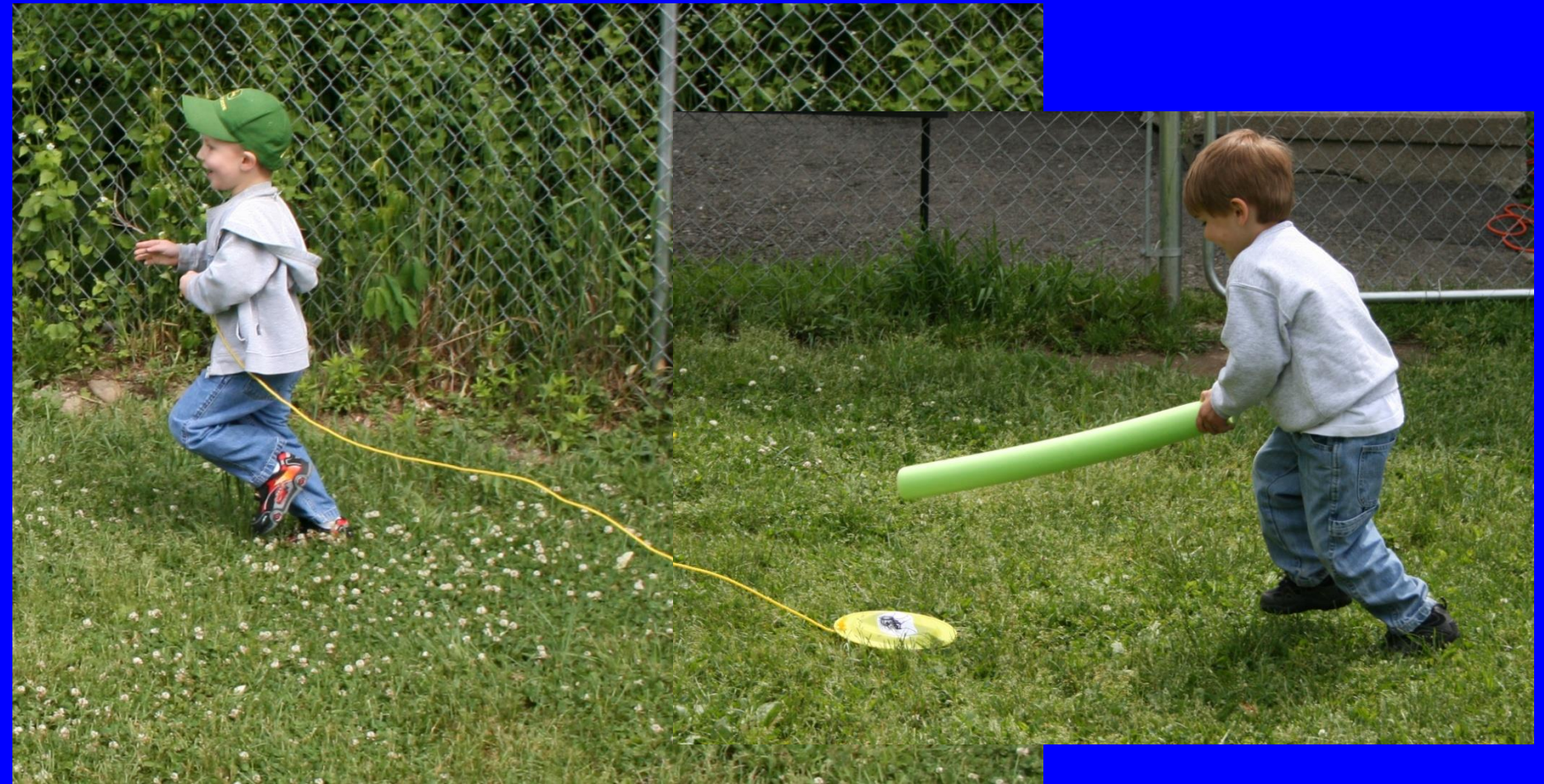
# Activity: Bubble Wrap Jumping

- Environment promotes jumping to hear the pops!
- All travel in same direction
- Can walk instead of jump





# Activity: Swat the Fly



# Swat the Fly



- Promote cardiovascular endurance
- Each child participates at own level
- Teach to only swat flies





# General Teaching Strategies



Same as with typical preschoolers but  
even MORE important with preschoolers  
with special needs



# Leading Structured Physical Activities

- Have clear beginning to PA
- Clearly mark boundaries
- Give brief explanation and demonstration
- Use music to signal start and stop PA
- Provide ample feedback
- Stop PA if it becomes unsafe



# Leading Structured Physical Activities

- Teach children to use equipment safely and respectfully
- Plan quick transitions
- Provide closure at end
- Ask children to help with equipment

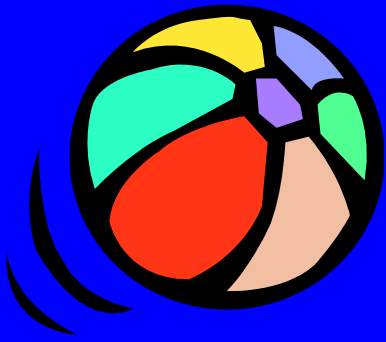


# Teaching Strategies

- Simplify instructions
- Give visual, oral, and kinesthetic cues
- Provide plenty of repetition
- Have role models
- Use communication systems
- Eliminate elimination games







# Teaching Strategies

- Succeed 3 out of 4 tries
- Minimize waiting time
- Use safe, soft objects



Physical Activities in this  
webinar are from the  
book/DVD set:

## Active Play!

### Fun Physical Activities for Young Children

by Diane Craft and Craig Smith

[www.activeplaybooks.com](http://www.activeplaybooks.com)



# Active Play!

Fun Physical  
Activities  
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DVD features  
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**VINCENT**

Diane H. Craft, PhD  
Craig L. Smith

# *Speaker Contact Info*



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The image features a 2x3 grid of colored squares. Each square contains a stylized, solid-colored hand with fingers spread, reaching upwards. The colors of the hands and squares are: top-left (yellow hand on purple square), top-middle (orange hand on lime green square), top-right (teal hand on magenta square), bottom-left (light green hand on orange square), bottom-middle (purple hand on blue square), and bottom-right (red-orange hand on yellow square). The word "Questions?" is centered in white text across the middle of the grid.

Questions?

# CONTACTS

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- Keynote: Christine Roberts from Nurturing Pathways
- Two days of Diane Craft



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