<table>
<thead>
<tr>
<th>Session theme &amp; rationale</th>
<th>Active play delivery</th>
<th>Parent(s) workshop element</th>
<th>Programme home linked activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Session 1</strong> <em>Importance of involving parents &amp; the new PA guidelines</em></td>
<td>Introduction to active play: movement with confidence, spacial awareness and responding to activity based instructions.</td>
<td>Importance of parent(s) in physical activity promotion and behavior change. Introduction to new physical activity guidelines.</td>
<td>Allow child to choose one activity each day and play this with them for 10 minutes. Sign up for Change4Life</td>
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<tr>
<td>Start Active, Stay Active physical activity guidelines. Parents unsure of physical activity guidelines. Family-based interventions targeting preschoolers should include strategies to increase parental support for physical activity.</td>
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<td><strong>Session 2</strong> <em>Stages of development &amp; fundamental movement skills</em></td>
<td>Explore balancing, hopping and throwing through different games.</td>
<td>Developmental stages of early childhood What are FMS? Why are FMS important?</td>
<td>Parent(s) and child are asked to perform a locomotor, object control, balance or stability game each day for 10 minutes.</td>
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<td>Proficient FMS during preschool years is correlated with increased PA levels. Age 2 – 7: window of opportunity for skill development.</td>
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| Session 3 | **Overcoming the barriers that exist in outdoor and indoor play. Let's get risky!**  
Parents do not want their children to play outdoors. Outdoors associated with dangerous and taking risks.  
Using an obstacle course, encourage parent(s) to take risks with their children whilst being active.  
Discussions about societal changes. Breaking down the barriers.  
Parent(s) and child are asked to take part in one indoor or one outdoor activity they usually don’t participate in each day for 10 minutes. |
|---|---|
| Session 4 | **Energetic play – (using P.O.W. message: Pulse higher – Out of breath – Warm feeling)**  
Preschool children are not accumulating enough MVPA for health benefits. MVPA is important for child development.  
Using a variety of fun games, aim to get children ‘out of breath’ and red in the face.  
Learn to identify different physical activity intensities  
Discuss why high intensity physical activity is important?  
Parent(s) and child take part in 10 minutes per day of high intensity activity  
Self monitor child’s screen time using the chart provided. |
| Session 5 | **Reducing screen time & Celebration Event**  
TV associated with obesity in preschool children. Excessive TV in child care settings. TV and irregular sleep patterns.  
Main activity involved Musical Mats to Liverpool Little Stars activity song resource.  
Define screen time and the guidelines  
Discuss alternatives and ways to limit screen based activity.  
Using the family rules template limit screen time each day. |