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The physical environments improvement on the child's motoric development

MovImaparo Congress
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The «truth» about children

- › Become created in the rooms
- › Children as social creatures
- › Room for action, relation and developing self



The Child's motoric development

- › The Norwegian National Centre for Food, Health and Physical Activity (<http://mhfa.no/english/>)
- › The movie shows the development of the foundational motor skills such as walking, running, jumping, throwing, climbing and the coordinating skills: <https://www.youtube.com/watch?v=v0d5WQH8guQ>
- ›



Different categories kindergartens in Norway



Nature and outdoor



Traditional



Urban

Indoor environment:



Outdoor spaces



What are a nature and outdoor life kindergarten?

- › Outdoor life is a stay and physical activity in open air with a view to environmental change and nature experience
- › Throughout the day, nature and outdoor kindergartens place more emphasis on outdoor life and use of nature than other kindergartens.
- › The children in nature and outdoor kindergartens are average outside 3.5-8 hours a day in winter, while other kindergartens are 1.25-4 hours.



- › Most work with experience-oriented educational programs that particularly stimulate sensation and motor skills
- › Educational work also includes outdoor life, environmental protection and / or knowledge of nature (Lysklett 2005, Foyn-Bruun 2006: I: Moen, K.H., Blekesaune, A., Bakke, H.K. 2008).
- › Moves a lot of learning into nature
- › Some of the kindergartens have buses that they use move to different natural areas
- › There are approximately 500 nature and outdoor kindergarten in Norway (Arntzen 2005, Mauren 2006 I: Moen, K.H., Blekesaune, A., Bakke, H.K. 2008).



Why outdoor activities in kindergarten?

- › The framework imposes the kindergarten to give children good experiences with outdoor life

Professional reasons:

- › Nature experience - the intrinsic of being in nature
- › Nature a excellent arena for play and learning
- › Learning of motorics, animals and plants
- › The children get authentic experiences
- › Less conflicts between the children

Osnes, Skaug, Kaarby, 2015





More about why outdoor activities in kindergarten?

- › Other play patterns in the forest than in the kindergarten, boys and girls play more together
- › Natural materials open up for more creativity than traditional toys
- › The adults in the kindergarten get less tired and have less need for breaks
- › Children who play outside are more physically active than children who play a lot inside
- › Less sick leave in children and adults
- › The goal of the kindergarten should be that the experiences the children gain from being in the forest contribute to developing them as human beings and contributing to cultural formation (German: *bildung*).



Osnes, Skaug, Kaarby, 2015

Research:

- › Better motoric development
- › Lower sick leave
- › Better ability to concentrate

(Grahn, 1997)



- › Studies show that children who play in nature get better coordination, better muscle strength and better balance than children who play in traditional playgrounds.

(Fjørtoft, 2000)

- › When children get to know their own borders, they are experiencing their own risk-taking. Therefore risky play is important, nature is just about this kind of game.

(Sandseter, 2009)



- › By being in nature, the children get good body restraint that contributes to mastering, and strengthened self-esteem.



Children on natural playground /spaces



Summary for using natur(-playground) a lot

1. Better motoric development and balance
2. Importen for bone building
3. Motor children become popular
4. There will be fewer conflicts
5. The children become more creative
6. Children got better managing risk
7. Inactivity can cause chronic diseases

www.ut.no





Winter activities









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Thank you for your attention!

