

DUNDEE CITY COUNCIL

REPORT TO: Education Committee - 26 June 2006
Leisure and Arts Services Committee – 26 June 2006

REPORT ON: Dundee Physical Activity Strategy for Children from Birth to Five

REPORT BY: Director of Education
Director of Leisure and Communities

REPORT NO: 384-2006

1.0 PURPOSE OF REPORT

- 1.1 To inform the committee of the partnership work being undertaken to develop, promote and deliver quality physical activity provision for children from birth to age 5.
- 1.2 To gain committee approval for the Dundee Physical Activity Strategy for Children from Birth to Five and the principles contained therein, which are designed to develop opportunities for physical activity for children in Dundee from birth to five.

2.0 RECOMMENDATIONS

- 2.1 It is recommended that the committee approve the Dundee Physical Activity Strategy for Children from Birth to Five, support the principles contained therein and remit the council staff involved in the development of the strategy to continue to work with all existing partners and to develop additional partnership working to implement the action plan.

3.0 FINANCIAL IMPLICATIONS

- 3.1 There are no financial implications of this report. All actions will be contained within existing budgets and through external funding applications.

4.0 LOCAL AGENDA 21 IMPLICATIONS

- 4.1 There are no Local Agenda 21 implications.

5.0 EQUAL OPPORTUNITIES IMPLICATIONS

- 5.1 The strategy promotes inclusiveness throughout.

6.0 MAIN TEXT

- 6.1 Both national and local physical activity strategies highlight that regular physical activity is vital for healthy growth, and being active from an early age can reduce the risk of heart disease, help prevent weight gain and promote positive mental health. It can also aid social and emotional development and parent/child bonding.

Overweight and obesity in childhood can lead to health problems later in life. The 'Children's Population Profile for Dundee City' (February 2006) shows that one in five pre school children in Dundee are overweight or obese.

Being physically active from birth will help children to develop attitudes, physical literacy skills and behaviours for lifelong physical activity, and it is recommended that children accumulate 1 hour of moderate physical activity each day.

6.2 **The Strategy has a clear vision:**

"To adopt a co-ordinated approach, which ensures the development and delivery of quality structured and free play physical activity opportunities, that will contribute to the health and development of children aged 0 - 5 in Dundee."

6.3 The Dundee Physical Activity Strategy for Children from Birth to Five will seek to fulfil the following aims:

- **Physical Development and Movement**
Sustain, develop and expand the delivery of physical development and movement programmes for all children aged 0-5 in community settings across the city.
- **Outdoor Play**
Provide clear directives on the development of outdoor play and develop outdoor play opportunities
- **Expressive Movement:**
Source, devise and implement expressive movement programmes
- **Parental Involvement**
Promote physical activities for 0-3's, as part of the Sure Start Strategy, in which parental involvement and bonding are a key focus.
- **Training and Development**
Provide development opportunities for professional staff, volunteers, parents and carers to aid them in the provision of quality physical activity and play.

Underpinning each of the above aims is the key issue of parental involvement which is imperative in all physical activity for children aged 0 - 5.

6.4 Since 1998, there has been an increasing demand for the provision of physical activity for children under the age of five from Early Years Service Providers within Dundee. Working in partnership, the Education Department's Early Years and Childcare Team and the Leisure and Communities Department's Sports Development Section have developed the provision of physical activity for Under 5's and through the creation of the Physical Activity Strategy for Children from Birth to Five have identified a clear picture of future development.

6.5 The attached Dundee Physical Activity Strategy for Children from Birth to Five sets a vision for the development of physical activity for Under 5's in Dundee over the next 4 years. It encourages under 5's to be physically active through the provision of a range of programmes and activities. Through close partnership working with a wide range of Early Years Service Providers, the development and delivery of physical activity, along with the encouragement of parental involvement, and staff training opportunities will contribute to improving the activity levels of the city's youngest citizens.

6.6 The Strategy has been created by the Leisure and Communities Department in Partnership with the Education Department and in consultation with Early Years Service providers and Health Professionals.

6.7 The long term continuation of partnership working will be achieved through the implementation of the strategy and continued membership of the Early Years and Childcare Partnership.

6.8 The Chief Executive, Deputy Chief Executive (Support Services) and Deputy Chief

Executive (Finance) and Assistant Chief Executive (Community Planning) have all been consulted on this report and are in agreement with its contents.

7.0 BACKGROUND PAPERS

7.1 None

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**STEWART MURDOCH
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12 JUNE 2006

Dundee Physical Activity Strategy for Children from Birth to Five

2006 – 2010

June 2006



Dundee Physical Activity Strategy for Children from Birth to Five

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Foreword

Welcome to Dundee's Physical Activity Strategy for Children from Birth to Five. This strategy focuses on providing a co-ordinated approach to enhance opportunities for young children under the age of five to be physically active in home, nursery and group settings.

The strategy highlights the importance of the involvement of parents in their child's physical development. It encourages parents to be active together with their children, providing positive role models. It also highlights the importance of Early Years Service Providers in the promotion of physically active lifestyles to parents and young children helping them to establish regular physical activity habits within everyday life.

The strategy reflects both national (*Let's Make Scotland More Active 2003*) and local (*Active Dundee, Dundee's Physical Activity Strategy 2006 - 2010*) priorities which highlight that establishing regular physical activity habits in young children are key in developing physical literacy and basic physical skills and improving the health of the citizens of Dundee.

Giving our children a chance to be physically active today will contribute to their prospects of living in a healthier Dundee tomorrow.

Baillie Charles Farquhar Convener Of Leisure Services

Councillor Kevin Keenan Convener of Education

Endorsement

This strategy has been fully endorsed by Healthy Dundee

Dundee Physical Activity Strategy for Children from Birth to Five

1. Introduction

Being physically active is vital for health, and being active from an early age can reduce the risk of heart disease, help prevent weight gain and promote positive mental health. It can also help children to develop physical literacy, attitudes and behaviours for lifelong physical activity (Let's make Scotland more active, A strategy for physical activity).

There is currently a diverse range of agencies working within the city providing physical activity for children aged 0-5 years. A common aim of all agencies is the development of children's physical, social, emotional and intellectual skills, which in turn promotes good health.

There are many current examples of good practice which provide a solid foundation for developing this strategy and an excellent starting point for increasing physical activity levels of children from birth to age five.

A co-ordinated approach to developing pre-school physical activity is essential to ensure that existing activity is consolidated and future developments are made available to all children aged 0-5 across Dundee. To achieve this, the strategy has been compiled in partnership with key working partners and stakeholders and is fully supported by Dundee's Early Years and Childcare Team.

National Priorities

The strategy compliments both national and local physical activity strategies. Scotland's Physical Activity Strategy 'Let's Make Scotland More Active' (2003) identifies strategic priorities for encouraging the nation to become more physically active. In relation to children aged 0-5 the following priorities are particularly relevant:

In the Home

- *'Parents should be given the support to gain necessary skills and confidence to take an active role in helping their child enjoy an active life.'*

In Nursery

- *'All children, including those with a disability should have the opportunity to be physically active. This should include:*
 - *Having the opportunity to be encouraged to take part in physical activity for at least 1 hour per day*

- *Having access to a range of physical activity including play, sports, dance, exercise, outdoor activities, active travel such as walking and cycling, and be encouraged to be active in daily tasks in and around the school.'*

Sport 21 2003 - 2007, The National Strategy for Sport is currently working towards achieving 11 key targets. Of those, 2 targets are particularly relevant to the 0 - 5 age range. The first target aims to *'increase the participation by young people in sport'* as well as *'developing physical literacy, basic movement and introductory sporting skills'*.

The second relevant target focuses on ensuring that *'two hours of high quality physical education should be provided for each child every week'*. This will be achieved by *'increasing participation levels and opportunities for quality physical education within the 3 - 18 curriculum'*.

Local Priorities

Active Dundee, Dundee's Physical Activity Strategy 2006 – 2010 states: *'Once active, people need to be encouraged to remain active through supportive environments and reinforcing messages.'* It also states: *'Funding combined with efficient and effective monitoring and evaluation will ensure that the city enjoys a culture for physical activity and improved health.'*

Dundee's Joint Health Improvement Plan 2005-2008 aims to use joint partnership working to reduce health inequalities that exist in Dundee. Physical activity is a key priority within the plan, which identifies pre-school physical activity as an area to be developed and supported and states

'The provision of sustainable physical activity will be aided by successful partnership working and will assist towards the improvement of the health of the citizens of Dundee.'

This Strategy also relates directly to the Leisure and Communities Department's Sports Development Section Plan which aims to *'ensure opportunities exist for regular, lifelong participation in physical activity and sport for every person in Dundee.'*

2. Vision

'To adopt a co-ordinated approach, which ensures the development and delivery of quality structured and free play physical activity opportunities that will contribute to the health and development of children aged 0-5 in Dundee.'

Strategy Aims

Five key aims have been identified for development:

- **Aim 1: Physical Development and Movement**
Sustain, develop and expand the delivery of physical development and movement programmes for all children aged 0-5 in community settings across the city.
- **Aim 2: Outdoor Play**
Provide clear directives on the development of outdoor play and develop outdoor play opportunities
- **Aim 3: Expressive Movement:**
Source, devise and implement expressive movement programmes

- **Aim 4: Parental Involvement**
Promote physical activities for 0-3's, as part of the Sure Start Strategy, in which parental involvement and bonding are a key focus.
- **Aim 5: Training and Development**
Provide development opportunities for professional staff, volunteers, parents and carers to aid them in the provision of quality physical activity and play.

Underpinning each of the above aims is the key issue of parental involvement which is imperative in all physical activities for children aged 0 - 5.

Strategy Objectives

Aim 1- Physical Development and Movement: Sustain, develop and expand the delivery of physical development and movement programmes for all children aged 0- 5 in community settings across the city

- 3.1.1** Develop a policy statement/directive to give specific guidance on levels of physical activity to be delivered in Early Years settings
- 3.1.2** Continue to deliver and develop the Sports Development Section's 0 - 5 Community Physical Activity Programme across all Early Years Providers in the city
- 3.1.3** Continue to deliver and develop the physical activity programme offered to children with additional support needs within early years groups in the city
- 3.1.4** Develop the one to one physical activity programme offered to pre-school children with a disability.
- 3.1.5** Develop 0 – 5 physical activity programmes specifically designed to meet the needs of hard to reach groups
- 3.1.6** Promote opportunities for participation in physical activity to hard to reach groups
- 3.1.7** Establish and develop sustainable pre-school sports specific programmes in community venues across the city.
- 3.1.8** Develop Pre-School swimming within local communities where possible, to increase opportunities for families to participate in aquatic activities
- 3.1.9** Develop, and promote the Sports Development Section's sports centre physical activity programme for 0-5 year olds
- 3.1.10** Develop effective links to ensure children in transition from Pre-School to Primary School continue to access opportunities for physical activity

Aim 2 - Outdoor Play: Provide clear directives on the development of outdoor play and develop outdoor play opportunities

- 3.2.1** Develop a policy statement/directive on the use of outdoor space to encourage physical activity within early years settings
- 3.2.2** Promote access to safe, purpose designed environments for outdoor play within walking distance of all households with young children
- 3.2.3** Support professional staff to enhance the provision of physical activity outdoors

Aim 3 - Expressive Movement Source, devise and implement expressive movement programmes

- 3.3.1 Develop the use of music, music making and responding to music stimuli within physical activity sessions
- 3.3.2 Create and implement a pre-school dance programme within Early Years settings across the city.

Aim 4 - Parental Involvement:

Promote physical activities for 0-3's, as part of the Sure Start Strategy, in which parental involvement and bonding are a key focus

- 3.4.1 Develop resources which promote home based play
- 3.4.2 Ensure that parents are consulted with and are actively involved in the Sports Development Section's 0 – 3 physical activity programmes when appropriate.
- 3.4.3 Develop Babygym across the city, promoting early parental involvement in their child's physical activity

Aim 5 - Training and Development:

Provide development opportunities for professional staff, volunteers, parents and carers to aid them in the provision of quality physical activity and play.

- 3.5.1 Design and deliver training on music and physical activity resources for early years Staff
- 3.5.2 Plan a programme of workshops for professional staff based on dance ensuring the needs of the age group are catered for.
- 3.5.3 Develop the skills of professional staff through the delivery of the Community Physical Activity Programme
- 3.5.4 Identify and deliver needs based training across the range of Early Years Service Providers
- 3.5.5 Identify and deliver needs based training to Sessional Coaching Staff within the Sports Development section's 0-5 Programme

5. Background

In 1998, Dundee City Council's Youth Sport Development Project designed and developed a physical activity programme that was implemented in the former Social Inclusion Partnership 1 areas of the city. This innovative programme was extremely successful in developing opportunities for physical activity for pre-school children within local communities.

Highlighted in 2000 by the Scottish Executive as an example of best practice, this award winning programme provided the initial steps in realising the need for this type of programme on a city wide basis, and is now implemented across Dundee.

An audit of Early Years Providers was carried out in October 2004 and highlighted that there is an extensive programme of physical activity being carried out within the Early Years sector. As no minimum level of provision has been predetermined the amount of physical activity taking place within individual settings varies greatly with some setting providing activity once a week and others every day

In consultation with the Early Years and Childcare Partnership, it was highlighted that although physical activity is currently being carried out, there are still key areas for development within the early years sector.

Each of these areas are a key focus within the strategy.

6. Funding

The development and delivery of physical activity for children from 0-5 is currently provided through a number of funding streams.

Dundee City Council's Leisure and Communities Department currently fund 1 full time, and 1 part time post solely for the development and delivery of physical activity for children aged 0 - 5. They also fund 1 part time Physical Activity Leader and 7 sessional coaches who assist in delivering 0 - 5 physical activity.

This core funding contributes to providing:

- Sports Centre 0 - 5 Physical Activity Programme:
 - Baby Gym
 - Little Gym Time
 - Mini Kickers
- Community Physical Activity Programme for children with additional support needs
- Holiday Programmes for children Under 5

Through Sure Start funding, the Education Department provides 2 full time posts, and an 1 day per week to develop physical activity opportunities for under 5's in Dundee who are children in need.

Sure Start Funding contributes to providing:

- Community Physical Activity Programme
- Physical Activity for hard to reach groups e.g. young mothers
- Sports Specific Programmes e.g. Mini Kickers
- Holiday programmes
- 1 to 1 Physical Activity programme for children with additional support needs

Funding to continue these activities beyond 31st March 2008 is not secured.

Dundee Leisure, funds a Swimming Lessons Co-ordinator, who is responsible for providing:

- Parent and Toddler Swimming Classes
- Learn to Swim Programmes

Dundee Leisure also provides Aqua Natal swimming sessions for Mums to be.

Additional funding is also required to ensure the development of the following:

- Pre School Dance
- Staff training for pre-school dance
- Home based play programme
- Community Physical Activity Programme

7. Monitoring and Evaluation of Strategy Implementation

The implementation of the Physical Activity Strategy for Children from Birth to Five will be monitored on an annual basis in the form of annual update report. The Pre-School Physical Activities Officer will gather and collate monitoring and evaluation evidence and information from key partners throughout the implementation of the strategy and compile the reports. Key partners in implementation who will contribute to monitoring are:

Pre-School Disability Physical Activity Officer
Youth Sport Officers (Pre-School)
Youth Sport Development Project
Early Years and Childcare Team
Swimming Development Officer

The strategy will be monitored between 1st April and 31st March each year in line with the Leisure and Communities Department's Sports Development Section Plans

Physical Activity Strategy for Children form Birth to Five
Action Plan 2006 - 2010

Key for 'Responsibility' Column: Please see page 18

Aim1 - Sustain, develop and expand the delivery of physical development and movement programmes for all pre-school children in community settings across the city				
Objective	Actions	Responsibility	Timescale	Funding
1.1 Develop a policy statement/directive to give specific guidance on levels of physical activity to be delivered within Early Years Settings	Consult 'Let's make Scotland More Active' and other national guidelines for guidance on setting a minimum level of delivery of physical activity in Nurseries	EYCT	March 2007	Core funded - DCC Education Department
	Devise and produce a clear guidance on physical activity levels in Early Years Settings	EYCT	March 2007	
	Produce and disseminate the guidelines to Early years providers in the city	EYCT	March 2007	
	Monitor the implementation of the guidelines	EYCT	March 2008/9	
1.2 Continue to deliver and develop the Sports Development Section's 0 - 5 Community Physical Activity Programme across all Early years providers in the city	Secure further Sure Start funding to maintain the 0 - 5 Physical Activity Programme Baseline	EYPADO	March 2008	Sure Start Funding until 31st March 2008
	Source funding for the continuation of delivery of the Community physical activity programme	EYPADO	2006/7	Funding to be secured
	Deliver the Community Programme across a range of Early years Providers (including groups with ASN), and revisit groups previously involved Baseline	EYPADO EYPAO SSPAO	Ongoing until March 2010	Part core funded, part Sure Start funded until 31st March 2008
	Develop the community programme to include Kiddie Kickers	SSPAO	March 2007	Funded until 31st March 2008

	Expand holiday provision within local community venues	SSPAO	March 2007	Funded until 31st March 2008
1.3 Continue to deliver and develop the physical activity programme offered to children with additional support needs within early years group in the city	Liase with the Pre-School Home visiting service to identify Early years settings providing for children with additional support needs and deliver physical activity	EYPAO	Ongoing until March 2010	Core Funded - DCC Leisure and Communities
	Design and implement specific programmes for children with Additional Support Needs which builds on existing gym time and aquatics programmes Baselines	EYPAO	Ongoing until March 2010	
1.4 Develop the one to one physical activity programme offered to pre-school children with a disability.	Source funding to continue the current delivery of the 1 to 1 programme beyond June 2006	EYPADO	March 2008	Sure Start funded until 31st march 2008
	In partnership with the Home Visiting Service identify children with ASN to participate in the programme on an annual basis and deliver programme accordingly Baselines	EYPADO	Ongoing until March 2008	
1.5 Develop specific 0 - 5 physical activity programmes designed to meet the needs of hard to reach groups	Design and implement specific programmes within groups for teenage mothers and young families.	SSPAO	Ongoing until March 2008	Sure Start Funded until 31st march 2008
	Design and implement physical activity programmes which encourage fathers to actively participate with their child in physical activity	SSPAO	Ongoing until March 2008	
	Provide a varied programme of physical activity for Mothers suffering from post natal depression	SSPAO	Ongoing until March 2008	
	Provide physical activity for Mothers suffering from post natal depression and their children, which encourage parental bonding through play	SSPAO	Ongoing until March 2008	
	Research barriers which stop Families from ethnic minority backgrounds participating in 0 - 5 physical activity programmes.	SSPAO	March 2007	

	Design and deliver programmes of physical activity suited to the needs of Ethnic Minority families	SSPAO	March 2008	
1.6 Promote opportunities for participation community in physical activity to hard to reach groups	Link with the Home Visiting Service to promote Sports Centre and Community physical activity programmes to parents of children with Additional Support Needs	EYPADO	Ongoing until March 2010	Core Funded - DCC Leisure and Communities
	Link with Parent Services to promote Sports Centre and Community physical activity programmes to their hard to reach groups.	EYPADO SSPAO	Ongoing until March 2010	Sure Start Funded until 31st March 2008
	Work in partnership with Parent Services Team to develop a system and monitor the uptake of places in Sports Centre and Community Programmes by Parents and Children from hard to reach groups	SSPAO PST	March 2008	
1.7 Establish and develop sustainable pre-school sports specific programmes in venues across the city	Investigate community venues to establish Mini Kickers term time programmes and link with Centre Managers to plan and deliver a pilot programme	SSPAO	March 2007	Sure Start Funded until 31st March 2008
	Link with Community Centre Managers to plan and deliver a pilot programme	SSPAO	March 2007	
	Monitor and evaluate the pilot	SSPAO	March 2007	
	Link with Community Centre Manager to ensure sustainability of the programme	SSPAO	March 2008	
	Roll out to other Community Centre Venues	SSPAO	March 2008	
1.8 Develop Pre-School swimming within local communities where	Negotiate the availability of pool time within Community Pools to run parent and child swimming sessions within school terms and holiday periods	SDO AAC	December 2006	Core Funded - DCC Leisure and Communities

communities where possible, to increase opportunities for families to participate in aquatic activities	Work in partnership with the Aquatics Activities Co-ordinator, Dundee Leisure and Swimming Development Officer to pilot Parent and Child swimming sessions within term time and holiday periods.	SDO AAC SSPAO Dundee Leisure	March 2007	Sure Start Funded until March 31st 2008
	Promote Community Swimming opportunities to Families with children with additional support needs	EYPAO	March 2007	
	Monitor and evaluate the pilot and make changes as appropriate	SDO SSPAO	March 2007	
	Work in partnership with the Aquatics Activities Co-ordinator and Dundee Leisure to ensure sustainability of the programme	SDO SSPAO Dundee Leisure	March 2008	
	Sustain provision of swimming lessons for children with ASN and their parents within Olympia	EYPAO SDO	March 2007	
	Develop the Little Gym and Swim Programme within Dundee Leisure Swim Centres Baselines	EYPADO SDO	March 2007	
1.9 Develop and promote the Sports Development Section's sports centre programme for 0 - 5 years olds	Expand the Mini Kickers Sports Centre Programme to include sessions for Under 3's- Baseline	EYPADO	March 2007	Core Funded - DCC Leisure and Communities
	Fully consult with Sports Development Coaching Staff on the development and expansion of the Sports Centre Baby Gym Programme. - Baseline	EYPADO	March 2007	
	Compile the results of the consultation, make recommendations and progress as appropriate	EYPADO	March 2007	
	Monitor and evaluate the implementation of the Pre Book/Pay system within Little Gyms at the Lynch Sports Centre	EYPADO	March 2007	
	Roll out the pre-book/pay system across all sports centres	EYPADO	March 2008	

	Consult with Staff and Parents on future development of the Little Gyms Programme and the inclusion of award schemes.	EYPADO	March 2007	
	Compile the result of the consultation, make recommendations and progress as appropriate	EYPADO	March 2007	
	Review coaching, equipment, resources and facilities within Sports Centre Programmes, make recommendations and forward as appropriate	EYPADO		

1.10 Develop effective links to ensure children in transition from Pre-School to Primary School continue to access opportunities for physical activity	Consult with Officers within the Sports Development Section responsible for running Primary 1 activities, and Active Schools to establish links in programming	EYPADO SDT	March 2007	Core Funded - DCC Leisure and Communities
	Promote physical activity opportunities for Primary 1 children to parents of children in their pre-school year	EYPADO SDT	March 2008	
	Monitor the uptake of spaces of children moving from Pre-School to Primary 1 Physical Activity Programmes Baseline	EYPADO SDT	Ongoing Until March 2010	

Aim 2. Provide clear directives on the development of outdoor play and develop outdoor play opportunities				
Objective	Action	Responsibility	Timescale	Funding
2.1 Develop a policy statement/directive	Consult national guidelines for guidance on the delivery of the curriculum outdoors	EYCT	March 2007	

statement/directive on the use of outdoor space to encourage physical activity within early years settings	Devise and produce clear guidance on outdoor play within Early Years Setting	EYCT	March 2007	Core funded - DCC Education Department
	Gain committee approval and produce and disseminate the guidelines	EYCT	March 2007	
	Monitor the implementation of the guidelines	EYCT	Ongoing until March 2010	
2.2 Promote access to safe, purpose designed environments for outdoor play within walking distance of all households with young children	Identify staff to take on the role of promoting outdoor play areas to families with young children	Leisure and Communities	March 2008	Leisure and Communities Department
	Link with local agencies who promote play to develop promotion of outdoor play areas	Leisure and Communities	March 2008	DCC Leisure and Communities
2.3 Support Professional Staff to enhance the provision of physical activity outdoors	Identify Early years Settings with developed outdoor areas	EYPADO	March 2008	Core Funded - DCC Leisure and Communities
	Within a number of identified settings work with staff to develop outdoor activities to suit their individual outdoor area	EYPADO YSDP	March 2008	
	Produce and provide resources to allow staff to continue to deliver physical activity outdoors	EYPADO	March 2008	

Aim 3. Source, devise and implement expressive movement programmes				
Objective	Action	Responsibility	Timescale	Funding
3.1 Develop the use of music, music making and responding to music stimuli within physical activity sessions	In partnership with the Music Development Officer design a pilot programme which includes the use of musical instruments and music within physical activity sessions	EYPADO	March 2007	Core Funded - DCC leisure and Communities
	Pilot the programme within a sample of Early Years providers and evaluate its success	EYPADO	March 2007	
	Produce resources for the programme to be distributed to Early Years Staff across the city	EYPADO	August 2008	
3.2 Source funding to implement a pre-school dance programme within Early Years settings across the city.	The Sports Development Section in Partnership with the Dance Development Officer (SPACE) and the Education Department's Cultural Co-ordinator to identify possible sources of funding for a Pre-School Dance Programme	EYPADO	March 2007	Funding to be secured
	Apply for and secure funding to implement a Pre-School dance programme	EYPADO	March 2008	

	Progress the project in line with the bid document and the requirements of the funding body	EYPADO	March 2008	
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Aim 4. Promote physical activities for 0-3's as part of the Sure Start Strategy, in which parental involvement and bonding are a key focus

Objective	Action	Responsibility	Timescale	Funding
4.1 Develop resource which promotes home based play	Identify sources of funding to develop, produce and deliver a resource which promotes home based play.	PADO	March 2007	Funding to be secured
	Apply for and secure funding to implement the home based play project	PADO	March 2007	
	Progress the project in line with the bid document and the requirements of the funding body	PADO	March 2008	

4.2 Ensure that parents are consulted with and are actively involved in the Sports Development Section's 0 - 3 physical activity programmes when appropriate.	Design lesson plans for under 3's sessions which allow parent and child to participate together in programmes	EYPADO EYPAO SSPAO	Ongoing until March 2010	Part core funded, part Sure Start funded until 31st March 2008
	Ensure parents are provided with home resources which encourage parents to be active with their child in the home environment	EYPADO EYPAO SSPAO	Ongoing until March 2010	
	Where appropriate, hold parent workshops to promote their involvement in their child's physical activities	EYPADO EYPAO SSPAO	Ongoing until March 2010	

4.3 Develop Babygym across the city, promoting early parental involvement in their child's physical activity	Identify Community venues, such as Health Centres, which are appropriate for the provision of Baby Gym	EYPADO	March 2007	Core Funded - DCC Leisure and Communities
	Consult with Health Professionals regarding expanding the Baby Gym Programme into Community Venues	EYPADO	March 2007	
	Compile the results of consultation, make recommendations and progress as appropriate	EYPADO	March 2007	
	Provide opportunities for parents and children to attend baby gym in local community venues - Baseline	EYPADO	March 2007	

Aim 5. Provide development opportunities for professional staff, volunteers, parents and carers to aid them in the provision of quality physical activity and play.

Objective	Action	Responsibility	Timescale	Funding
5.1 Design and deliver training on music and physical activity resources	Plan and deliver workshops on the newly developed 'music and physical activity resources' (see 3.1)	EYPADO MDO	March 2008	Core Funded - DCC leisure and Communities

5.2 Plan a programme of workshops for professional staff based on dance ensuring the needs of the age group are catered for	Consult with early years professional regarding their training needs in relation to the delivery of dance activities	EYPADO	March 2008	Funding to be secured
	Collate consultations and deliver training workshops as appropriate	EYPADO DDO	March 2008	
	Evaluate the workshop and follow up with evaluation of dance activities being carried out in early years setting	EYPADO DDO	March 2009	

5.3 Develop the skills of professional staff through the community programme	Identify and consult with staff within each Early Years setting willing to undertake support	EYPADO SSPAO	Ongoing until March 2008	Part core funded, part Sure Start funded until
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	Work with individuals over one school term to develop their delivery of physical activity	EYPADO SSPAO	Ongoing until March 2008	31st March 2008
	Monitor and evaluate the training delivered and provide additional resources	EYPADO SSPAO	Ongoing until March 2008	

5.4 Deliver needs based training across the range of Early Years Service Providers	Consult with Private Nurseries regarding their training needs in physical development and movement	EYPADO	March 2006	Core Funded - DCC Leisure and Communities
	Organise training workshops to suit identified needs of the private sector	EYPADO	March 2007	
	Design and deliver training to Early Years staff on the Mini Kickers Programme	SSPAO	March 2007	
	Identify the training needs of coaches working in the Sports Development Sections Pre-School Programme	EYPADO	Ongoing until March 2010	
	Arrange training for Sports Development Coaches as appropriate	Pre School Physical Activities Officer	Ongoing Until March 2010	

Responsibility Key

Early Years and Childcare Team

Parent Services Team

Early Years (0-5) Physical Activities Development Officers

SDO

Early Years (0-5) Physical Activities Officer

Activities Co-ordinator AAC

PST

EYPADO

EYPAO

EYCT

Swimming Development Officer

Aquatics

8. Appendix 1 - References

1. Scottish Executive (2003) The National Physical Activity Strategy - Let's Make Scotland More Active
2. SportsScotland (2004) Sport 21 2003 - 2007 The national Strategy for Sport - 'Strategy to Deliver Sport 21 2003 - 2007 targets 1 & 3' and 'Strategy to Deliver Sport 21 2003 - 2007 target 2'
3. Active Dundee (2005) Dundee's Physical Activity Strategy 2006 - 2010
4. Dundee Health Improvement Network (2005) Dundee's Joint Health Improvement Plan 2005 - 2008
5. Dundee City Council Sports Development Section Plan 2003 - 2007

Appendix 2 - The context of Pre-School Physical Activity

Early Years and Childcare Team (EYCT) – Based within the Education Department, the EYCT provide services to Early Years Providers, Parents and Carers of children from birth to aged five. The EYCT are a key resource in sourcing and providing funding to allow physical activity to be developed within the early years sector and supporting the Sports Development Section in the development of activity programmes.

Sure Start – Sure Start is a Scottish Executive programme which provides broad based support for families with very young children. It aims to improve the health and emotional development of the very young child, and support parents in parenting.

Administered through the Education Department's Early Years and Childcare Team, the Sure Start Programme currently funds 2 Pre-School Youth Sport Officers who are working with professional staff, parents, carers and young children throughout the city to promote and develop opportunities for physical activity and achieve Sure Start aims. The work of the Officers is an integral element of Dundee's Sure Start Strategy, contributing to 'Improving Health'.

Sports Development Section – The Leisure and Communities Department's Sports Development Section employ a Pre-school Physical Activities Officer. This Officer is responsible for creating and developing physical activity programmes within local communities and sports centres, and fulfils a key role in co-ordinating the development and delivery of physical activity for children aged 0 – 5 across Dundee.

The Sports Development Section also employ a Pre-School Disability Physical Activities Officer, who's remit is to ensure that children aged 0 – 5 with additional support needs are given the opportunity to participate in physical activity suited to their individual needs.

Youth Sport Development Project (YSDP) – This Community Regeneration Funded Project also has a remit for delivering and developing physical activity for pre-school children in

community regeneration areas of the city. The YSDP has been responsible for the development of much of the content delivered by Pre-School Officers.

Key Partners – Early Years and Childcare Team, Pre-School Home Visiting Service, Education Department Nursery Schools and Classes, Private Nurseries, Social Work Department Family Support Centres, Playgroups, Voluntary Parent and Toddler Groups and Health Service Professionals are all promoting and providing physical activity as a small part of the overall services they offer to parents, carers and children and are therefore key partners in the development of physical activity for children from birth to five.

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