

A Spotlight on Munch & Move Brief

A series of short training modules for ECEC educators

The Munch & Move Spotlight package contains 12 modules designed to be completed during your staff meetings. Each module should take approx 10-15 mins and we suggest you complete at least one module per calendar month.

If your team does not meet monthly, please consider completing two modules per meeting or arrange another time for the team to gather and work through the content together.

Each module requires a staff member to lead the team through the following items:



Watch short videos from Small Bites for Big Steps (SBBS).



Use reflection questions to identify areas you are doing well and areas for improvement within your service.



Access extra resources for further support.



Practice Fundamental Movement Skills (FMS) through team activities.

Please use the reflection document to record your responses and staff members' attendance at for each module. If staff are unable to attend a session, they are encouraged to view the slides and reflection questions at a later date and can still be marked off for attending. Please circulate the completed answers to all educators so everyone has a copy.

The aim of these sessions is to:

- Increase staff awareness of the Munch & Move key messages and how to embed healthy eating and physical activity into daily practice.
- Improve staff confidence to intentionally and spontaneously teach daily FMS.
- To provide services with an opportunity for reflective practice to support their quality improvement plan/s (for NQF Assessment and Rating).

What you will need for all sessions:

- Internet access and a screen to view the slides and videos.
- A staff member nominated to lead and read out key information on the slides
- Reflection document: complete attendance and record answers to reflection questions for each session.

NOTE: At the completion of the training package send your reflections to [HNELHD- GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au) to receive a certificate.



Munch & Move
Hunter New England Local Health District




Content outline

Module	Topics	Resources needed
1 (~7 minutes)	<ol style="list-style-type: none"> 1. Introduction <ul style="list-style-type: none"> ◦ About Small Bites for Big Steps ◦ M&M topics ◦ How this resource relates to the NQF 2. FMS activity 3. What's next? 	
2 (~6 minutes)	<ol style="list-style-type: none"> 1. Encouraging water <ul style="list-style-type: none"> ◦ Encouraging water consumption. ◦ Reflection ◦ Resources 2. FMS activity 	Lily pads or place markers for the FMS activity.
3 (~8-14 minutes)	<ol style="list-style-type: none"> 1. Lunchboxes (Optional) <ul style="list-style-type: none"> ◦ Lunchboxes ◦ Reflections ◦ Resources 2. Healthy eating learning experiences <ul style="list-style-type: none"> ◦ HELE 3-5 years ◦ Reflections ◦ Resources 3. FMS activity 	<p>Your daily routine/ program for reflection.</p> <p>One hand ball between 3 educators for the FMS activity.</p>







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Module	Topics	Resources needed
4 (~10 minutes)	1. Encouraging vegies <ul style="list-style-type: none"> ◦ Encouraging vegetable consumption ◦ Reflections 2. Fussing eating <ul style="list-style-type: none"> ◦ Fuss free mealtimes ◦ Reflections ◦ Resources 3. FMS activity	
5 (~9 minutes)	1. Nutrition policy <ul style="list-style-type: none"> ◦ Policy Checklist ◦ Reflections ◦ Resources 2. Overall reflection on healthy eating 3. FMS activity	<p>Your daily routine/ program for reflection.</p> <p>Your Nutrition policy. We recommend reading this beforehand to check if the M&M key elements are included.</p> <p>Policy Checklist </p> <p>A branch or something to leap over for the FMS activity.</p>
6 (~10 minutes)	1. Fundamental Movement Skills for Preschoolers <ul style="list-style-type: none"> ◦ FMS - Teaching Moments ◦ FMS - Locomotor Skills ◦ FMS - Manipulative Skills ◦ Reflections ◦ Resources 2. FMS activity	<p>Your daily routine/ program for reflection.</p> <p>A soccer ball for the FMS activity.</p>



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7 (~8 minutes)	1. Physical Activity <ul style="list-style-type: none"> ◦ Indoor active play ◦ 24 hour movement guidelines- preschool ◦ Reflections ◦ Resources 2.FMS activity	<p><u>24 hour Movement Guidelines pamphlet</u></p> <p>Your daily routine/ program for reflection.</p> <p>A few balls for the FMS activity.</p>
8 (~8 minutes)	1.Physical Activity Policy <ul style="list-style-type: none"> ◦ Policy checklist ◦ Reflection ◦ Resources 2.Overall reflection on physical activity 3.FMS activity	<p>Your daily routine/ program for reflection.</p> <p>Your Physical Activity policy. We recommend reading this beforehand to check if the M&M key elements are included.</p> <p><u>Policy Checklist</u> </p>
9 (~9 minutes)	1.Reducing screen time <ul style="list-style-type: none"> ◦ Effects of excessive screen time 2.Screen time recommendations <ul style="list-style-type: none"> ◦ Reflections 3.Screen time policy <ul style="list-style-type: none"> ◦ Reflections ◦ Resources 4.FMS activity	<p>Your Screen policy. We recommend reading this beforehand to check if the M&M key elements are included.</p> <p><u>Policy Checklist</u> </p>



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10 (~9 minutes)	<ol style="list-style-type: none"> 1. Providing support to families <ul style="list-style-type: none"> ◦ Empowering educators in supporting families ◦ Reflections ◦ Resources 2. Oral health <ul style="list-style-type: none"> ◦ Oral health for preschoolers ◦ Reflections ◦ Resources 3. FMS activity 	One basketball or other bouncy ball between two educators.
11 (~11 minutes)	<ol style="list-style-type: none"> 1. Leadership <ul style="list-style-type: none"> ◦ How to have challenging conversations ◦ Role-modelling behaviours ◦ Reflections 2. FMS activity 	<p>Your daily routine/ program for reflection.</p> <p>A T-bar and ball OR A tree or pole outside, a stocking with a ball inside and a bat for the FMS activity,</p>
12 (~10 minutes)	<ol style="list-style-type: none"> 1. Reflection of the past 11 meetings 2. Goal setting for the year 3. FMS activity 	Your daily routine/ program for reflection.

