

## STAGE 1:

# Active Start

Discovering Movement (Children up to 6 years old)

Children learn to move through play. Encourage them to participate in fun and stimulating activities that introduce basic movements.



### GO FOR IT

Rise to the challenge—always strive for excellence. Be persistent and discover how good you can be.

- › Encourage fun, safe, child-led activities to help develop physical literacy.
- › Introduce new experiences that are age appropriate, safe, and fun.
- › Encourage participants to try their best, whatever their best happens to be that day.
- › Use True Sport Awards to recognize and support the active involvement of parents/caregivers.
- › Complete the NCCP Fundamental Movement Skills workshop.

### PLAY FAIR

Understand, respect, and follow the rules. Play with integrity—competition is only meaningful when it is fair.

- › Use physically active games to help develop the skill of processing verbal directions (focus on one direction at a time reinforced by visual cues and progress to two then three bundled directions when ready).
- › Using the True Sport Team characters, introduce the concept of being a good sport and ask participants how they want to show it (e.g., high fives, shaking hands, waves, cheers).
- › Help develop self-regulation by creating opportunities to practice waiting for turns, based on the current ability of each participant (using a ‘wait here’ sign or special place to stand while waiting can help).

### RESPECT OTHERS

Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

- › Introduce co-operative games and activities.
- › Encourage participants to share access to equipment and to help clean up.
- › Model the use of appropriate language and tone so that young participants learn that the words we choose and how we use them are important.
- › Model the importance of respecting the space where you play by leaving it cleaner than you found it.

### KEEP IT FUN

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

- › Encourage both child-led and parent/caregiver-led activities.
- › Invite children to explore their imaginations and make up their own games.
- › Carefully observe participants, looking for signs of enjoyment.
- › Introduce new activities to maintain interest and energy.
- › Choose activities that keep participants engaged. Try to avoid lineups and long waits between turns.

### STAY HEALTHY

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

- › Foster active play.
- › Use age-appropriate equipment.
- › Model healthy behaviour (e.g., proper hydration, being physically active).
- › Encourage families to be active with their children for a minimum of 60 minutes every day.
- › Develop emotional and social skills by inviting and encouraging respectful and creative expression of feelings.
- › Complete Safe Sport Training.

### INCLUDE EVERYONE

Recognize and celebrate strength in diversity. Invite and welcome others into sport.

- › Create participation opportunities for participants from all backgrounds.
- › Modify activities to make them more accessible and inclusive.
- › Encourage participants to play with someone they haven’t played with before.
- › Encourage and engage participants and parents/caregivers to create fun and inclusive ways to welcome new participants and their families.

### GIVE BACK

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

- › Create opportunities to give back by supporting junior athletes as role models and coaches in programs at this stage.
- › Encourage all participants to show appreciation for the spaces in which they play by properly disposing of garbage and recycling.
- › Encourage the team responsibilities to be shared among all parents/caregivers (e.g., co-coaching, setting up or taking down equipment).
- › Encourage expressions of gratitude (e.g., saying “thank you” to volunteers, officials and coaches).