

Purzelbaum

A project for more movement in Kindergarten



Movement makes skillful.

Regular movements stimulate and develop the motor capacities and the sensory perception. The body thus learns to react properly to the manifold daily challenges.

Movement makes strong.

By putting an appropriate strain on muscles, ligaments and joints, the body's motor is stabilized, thus reducing the risk of poor posture and chronic pain.

Movement causes joy and makes friends.

By moving, playing and romping around, children are able to get in touch with other children and learn to get along with each other. This is an important basis for a healthy social and emotional development.

Movement makes healthy.

Through movement, heart, circulatory and metabolic diseases are prevented.

Movement makes smart.

Through movement, children experience and get to know their physical environment. These experiences are vital for the building up of their cognitive traits. It is particularly effective that children are able to discover and organize free leeway themselves.

Movement makes active adults as well.

Whoever discovers as a child the pleasure of moving, is less in danger to become physically passive as an adult. In addition, the parents are given the opportunity to (re-)discover the joy in moving together with the children.

The project goals:

- Children move more frequently in the kindergarten and thereby get to know their bodies better.
- The kindergarten teacher knows of the meaning, forms and effect of movement and can, therefore, also mediate the joy to the children.
- Parents are involved in the project. At a parent-teacher meeting, they learn how they can take up the idea of "Purzelbaum" (somersault) at home as well as in their leisure time.
- In principle, movement takes place anytime and everywhere in and around the kindergarten, not only in the separate practice lessons.

The project modules:

- Continuing education of the involved teachers
- Reorganisation of the kindergarten to an environment which is easy to move about in
- Daily systematic movement offers
- Cooperation with the parents
- Project evaluation

The project's co-operation partners:

- Bundesamt für Sport (Federal Office for Physical Education, BASPO)
- Panathlon Club Bern
- Apteilung Sport POM (Department for physical education POM)

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