



App User Guide



Health

Welcome

The *Munch & Move* App has been designed to provide Early Childhood Educators with quick ideas for active games that can build children's fundamental movement skills.

These may be useful for:

- Routines
- Transitions
- Creating the daily play spaces
- Planned physical activity learning activities
- Spontaneous physical activities.

The *Munch & Move* App also provides support resources for Early Childhood Educators to help teach the correct fundamental movement skills, links to videos and other resources.

Active game ideas have been designed to suit the needs of 2 to 5 year olds, with ideas on how to make the games easier or harder.

The games that educators choose need to meet the children's individual needs, interests and abilities.

The *National Physical Activity Recommendations for Children 0 to 5 Years* are:

- For healthy development in infants (birth to 1 year) physical activity should be encouraged from birth, particularly supervised floor-based play in safe environments.
- Toddlers (1 to 3 years) and pre-schoolers (3 to 5 years) should be physically active every day for at least three hours, spread throughout the day.

Background information on *Munch & Move*

Munch & Move aims to promote children's healthy eating and physical activity and limit small screen time while in care. Small screen time includes watching television or DVDs, using computers, tablets and other electronic games.

The six key messages from the *Munch & Move* program are:

- Encourage and support breastfeeding
- Choose water as a drink
- Eat more fruit and vegetables
- Choose healthier snacks
- Get active each day
- Turn off the television or computer and get active.

Munch & Move offers training, resources and support to educators working in NSW early childhood education and care services. *Munch & Move* helps to support healthy eating and physical activity habits in young children through creating environments supportive of healthy eating and physical activity.

Munch & Move links with the National Quality Framework including the Early Years Learning Framework and National Quality Standards.

To assist services in implementing *Munch & Move*, 15 Program Adoption Indicators (also known as Practices) have been developed.

- Practice 1: Site monitors food and drinks that are in children's lunchboxes every day.
- Practice 2: Site menu includes fruit and vegetables at least once per day.
- Practice 3: Site menu includes only healthy snack options every day.
- Practice 4: Site supplies age appropriate drinks every day.
- Practice 5: Site provides structured and specific learning experiences about healthy eating at least 2 times per week.
- Practice 6: Site provides tummy time for babies 0-12 months of age every day.
- Practice 7: Site provides physical activity for 1-5 year olds at least 25% of the daily opening hours.
- Practice 8: Site provides fundamental movement skills for children 3-5 years of age every day to at least 90% of children.
- Practice 9: Site use of small screen recreation by 3-5 year olds is appropriate.
- Practice 10: Site has a written nutrition policy.
- Practice 11: Site has a written physical activity policy.
- Practice 12: Site has a written policy restricting small screen recreation.
- Practice 13: Site provides health information to families within past 12 months.
- Practice 14: Site with at least 50% of Primary Contact Educators trained in nutrition and at least 50% trained in physical activity.
- Practice 15: Site monitors and reports achievements of healthy eating and physical activity objectives annually.

Background information on the *Munch & Move* App and Buzzynauts Game

The *Munch & Move* App and Buzzynauts game have been developed by the Australian App & game developers Lime Rocket (www.limerocket.com) who believe in and support the goals of the *Munch & Move* program.



Quick Start User Guide

Here is a short and easy to follow quick start guide. More information will be provided later on in this guide along with detailed explanations of the *Munch & Move App's* features.

1. Download and install *Munch & Move* from either Google Play or the App Store, depending on your phone. (See links below)
2. Enter the unique code provided by NSW Health in order to log into the App.
3. Navigate through the dropdown menu at the top of the screen until you find an activity you would like to do with the children.
4. Carefully read through the activity and ensure you have a thorough understanding of how to guide the children through the tasks required.
4. When you are ready to begin, tap the timer at the top right of the screen and take the children through the chosen activity. Once you have completed the activity, tap the timer again to record the session time. Repeat with different activities as desired.
5. To connect to the Buzzynauts game, refer to the "Connect & Play" section of the user manual.

Software / Hardware Requirements

Munch & Move App:

Android or iOS mobile device that meets the following hardware requirements:

Android

- ARMv7/x86 processor with vector FPU, minimum 550MHz, OpenGL ES 2.0, H.264 and AAC HW decoders.
- Android™ 2.3 or above
- 256MB of RAM

iOS

- iPod Touch 4 or above, iPhone 4 or above, iPad 2 or above
- iOS 6.1 and above

Buzzynauts Game:

Runs on Mac or PC desktop / laptop computer that meets the following requirements:

Windows

- 2.33GHz or faster x86-compatible processor, or Intel Atom™ 1.6GHz or faster processor for netbook class devices
- Microsoft®, Windows Server 2008, Windows 7, or Windows 8 Classic
- 512MB of RAM (1GB recommended)

Mac OS

- Intel® Core™ Duo 1.83GHz or faster processor

Software:

Buzzynauts: <http://buzzytv.com/nauts>

App Store: <https://itunes.apple.com/au/app/munch-move/id996290623?mt=8>

Google Play: <https://play.google.com/store/apps/details?id=air.com.limerocket.munchmove>

The *Munch & Move* App

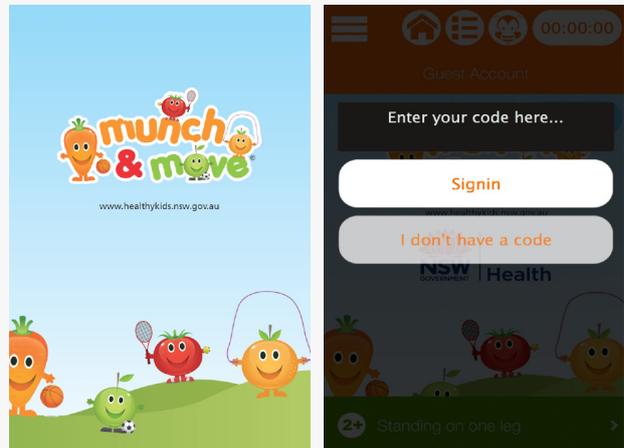
The home screen is the central hub for the *Munch & Move* App. From here a variety of features will be available to you.

Login Screen

This is the screen you will see while the App is loading (Fig 1).

Once the App has loaded, enter your code that has been supplied by NSW Health and tap "Sign In" (Fig 2).

If you do not have a code, tap "I don't have a code". This will enable access to the App but not the Buzzynauts game. **The code and Buzzynauts game is only available to Services participating in the Illawarra Shoalhaven Local Health District research project at this point in time.**



Home Screen

1. Menu Bar

Displays features and links.

2. Home Button

Shortcut to home screen.

3. List Button

Shortcut to games and activities.

4. Buzzy Button

Connects device to a BuzzyTV to reward children with the Buzzynauts game.

5. Timer

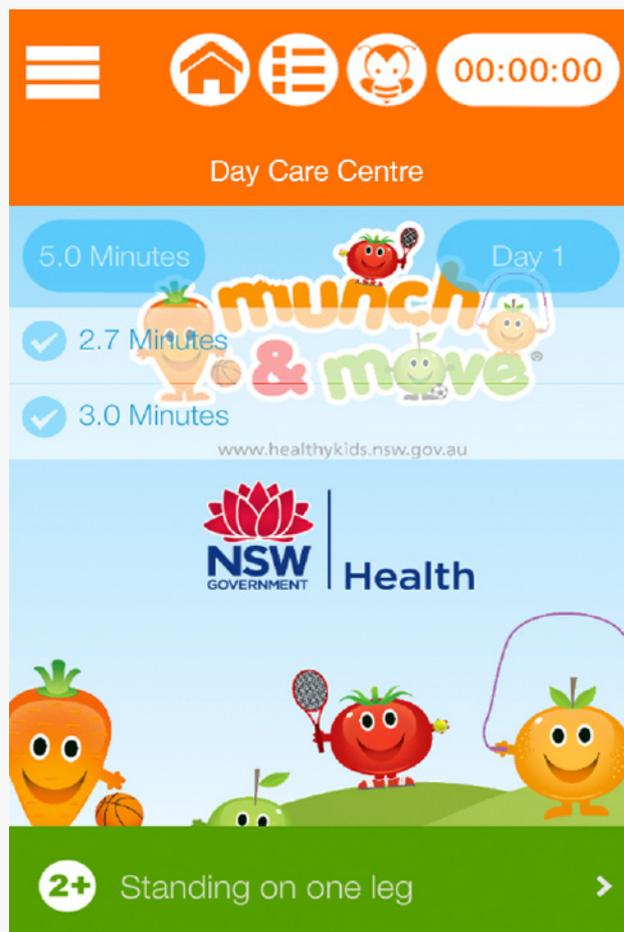
Records activity sessions. Tap timer to start or stop when recording physical activities.

6. Blue Bar

Displays a list of recent activity sessions.

7. Green Bar

Quick access to activities. Scroll to see all activities, tap to enter into the selected activity.



Features & Links

The Features & Links screen can be accessed by tapping the menu bar in the top left corner of the screen. From here, a variety of submenus will appear.

Home

If at any point the user becomes lost within the *Munch & Move* App, the home submenu will take the user back to the main home screen. From here all of the main menus can once again be accessed and navigated.

Warmup

Warmup takes you to activities to help get the children’s muscles and brains ready to start playing the Move games. Select a warm up activity from Balance, Stretching and Twisting.

Balance
Lists the Balancing activities.

Twisting
Lists the Twisting activities.

Stretching
Lists the Stretching activities.

Features & Links

Movements

Movement Skills

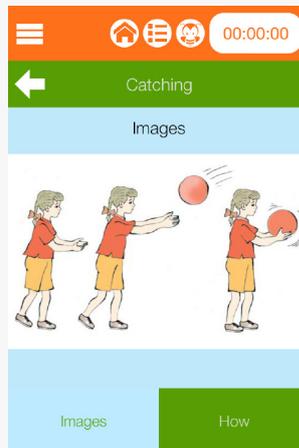
Main menu of all Movement activities. Select activity.

Images Screen

Shows illustrations of the selected activity.

How Screen

Details how to perform the selected activity.



Games & Activities

Shows a list of games and activities (numbers indicate age recommendation). Select activity.

Activity Screen

Shows a list of what you need to complete the activity. Select from What, How, Easier, Harder and About tabs located in the footer.

What:

List of resources you will need to undertake the activity.

How:

Step by step on how to do activity.

Easier:

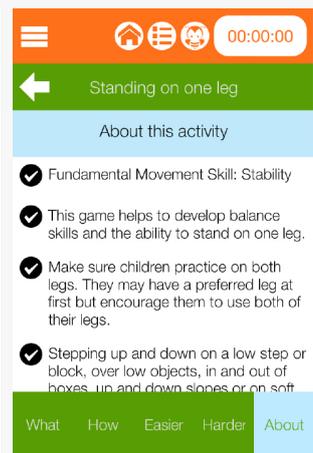
How to make activity easier.

Harder:

How to make activity harder.

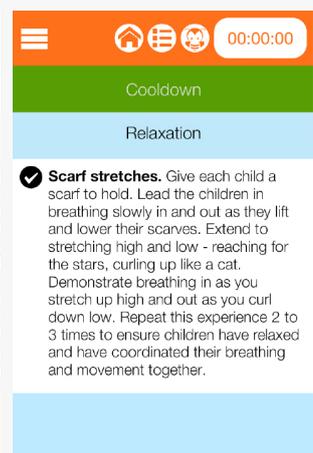
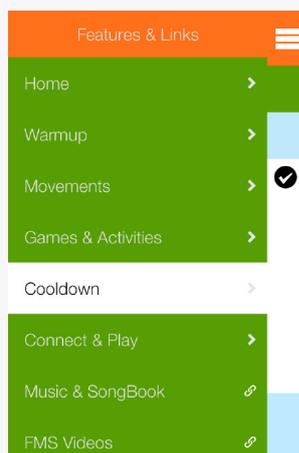
About:

Shows a detailed explanation of the activity, as well as providing context to the movements involved.



Cooldown

Cooldown takes you to a list of activities that help the children relax their muscles after engaging in the *Munch & Move* activities.

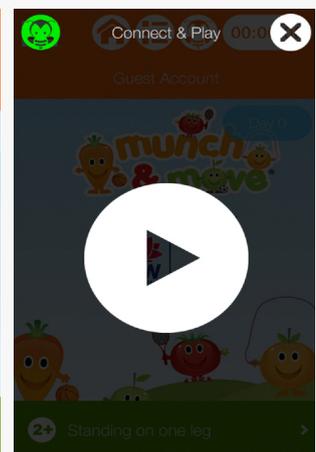
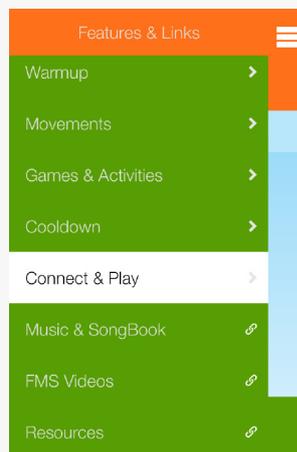


Features & Links

Connect & Play

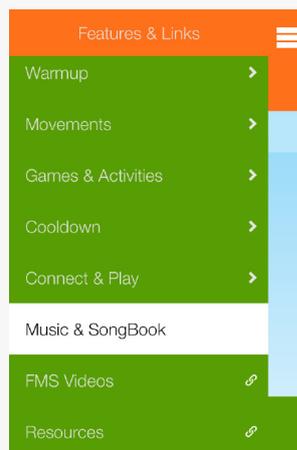
Tap Connect & Play to connect to the Buzzynauts game when in front of a PC or laptop.

Refer to the overview or Buzzynauts section of this guide for more information.



Music & Songbook

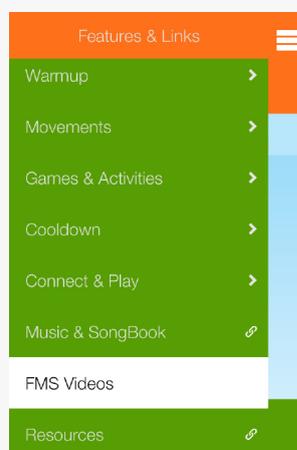
Takes you directly into the *Munch & Move* Music section of the NSW Health 'Healthy Kids' Website.



FMS Videos

Takes you directly into the *Munch & Move* Fun Moves DVD section of the NSW Health 'Healthy Kids' Website.

Click on a video to view in your browser window.



Features & Links

Resources

Takes you directly to a range of *Munch & Move* resources available to assist educators working in early childhood services to implement the *Munch & Move* key messages.

