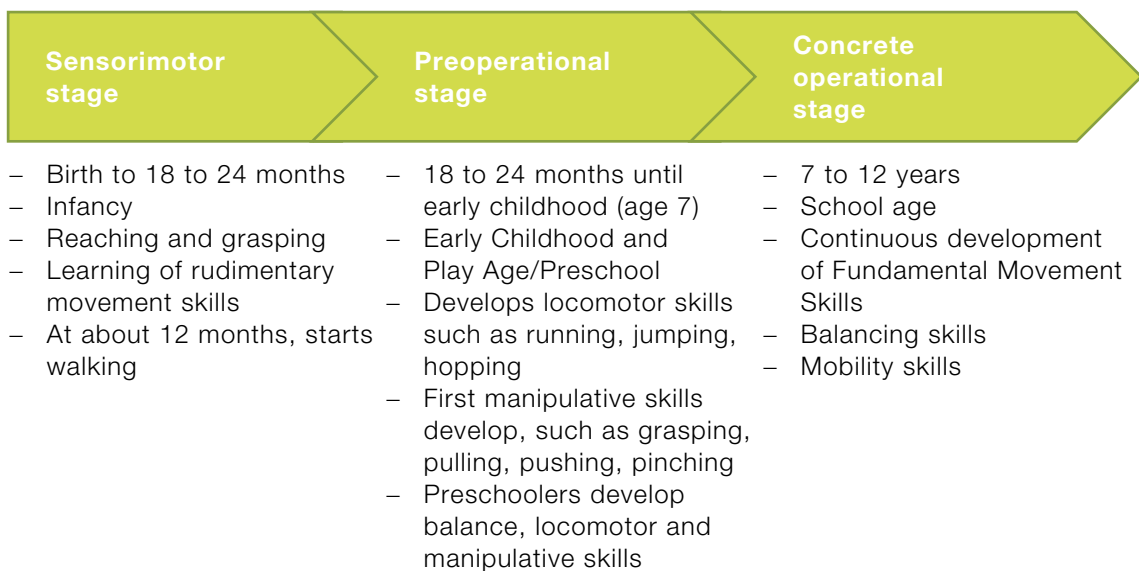


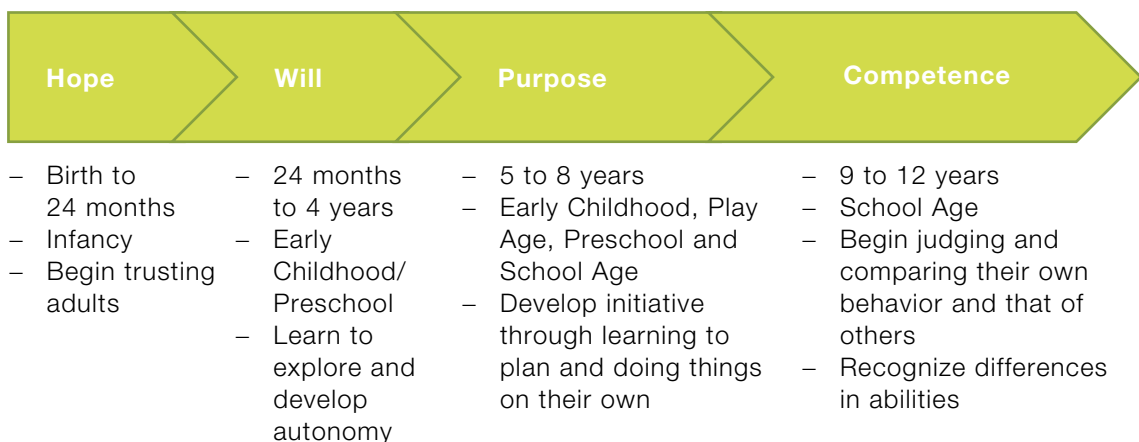
# BEGINNER STAGE

*The beginner stage within ice hockey (roughly U10) encompasses the sensorimotor, pre-operational and concrete operational stages of intellectual development (Piaget 1954), as well as the hope, will, purpose and competence stages of emotional development (Erikson 1959, 1964).*

## INTELLECTUAL DEVELOPMENT:



## EMOTIONAL DEVELOPMENT:



## BEGINNER STAGE

---

Parents and caregivers are in charge of the appropriate development of newborns, infants, toddlers, and preschool aged children. Until the child is old enough to attend an organized Learn to Skate Program, followed by a Learn to Play Program, at the local ice hockey club. These early development stages in child development are the key stages for acquiring fundamental movement skills such as running, jumping, gliding, catching, throwing, striking, kicking, swimming, cycling.

Fundamental movement skills build the foundation on which to learn more demanding movement skills later in life. Through learning fundamental movement skills in the four environments, children develop physical literacy.

Physical Literacy is defined as the ability to move in different environments (in the water, the air, on the ground and on ice and snow) with competence and confidence.

### The four environments are:



**WATER**  
**SWIMMING AND**  
**DIVING**



**AIR**  
**GYMNASTICS**



**GROUND**  
**ATHLETICS**



**ICE AND SNOW**  
**SKATING AND SKIING**

Childhood is the key time in life of children to learn and improve on their fundamental movements skills. These fundamental movement skills are the foundation on which children then develop sport specific skills, they will also be more physically active and will have a better foundation for athletic development in later stages of their lives. The better these fundamental movement skills are developed, the better children are able to learn more complex movement skills and the greater their proficiency in sport specific skills will be.

*Please see the Drill Hub section  
for suggestions and ideas  
on developing and incorporating  
fundamental movement skills  
in everyday activities for your child.*

## **BEGINNER STAGE**

---

It is recommended that children engage in daily active play during early childhood. Free play and games are centered around enjoyable physical activities, incorporating a wide variety of colorful toys and equipment and ample possibility to play outside on the ground, in playgrounds, on fields, in the garden and forest. Children are more active when they play outside, so part of the physical activity should take place outside, no matter what the weather is like. To be subjected to different environments, ground surfaces, materials and other environmental factors will support the building of important connections within the brain and between the brain and the muscles.

Physical activity promotes motor skills, concentration, coordination and thinking skills development as well as healthy growth, a healthy body composition, stronger bones and muscles. In addition to supporting the development of healthy habits which carry on to later stages in life. Physically active children develop confidence, self-esteem, as well as social skills such as cooperation and communication. Physical activity further develops muscles, strength, endurance and general movement capabilities.