

Bewegen – natuur – gezondheid

(november 2012)

Documenten bijeengebracht door Kees Both. Ze zijn zeer ten dele verwerkt in de volgende artikelen:

Kees Both – Kinderen in beweging. *De Wereld van het Jonge Kind*, december 2005

Kees Both & Josine van den Bogaard – Buitenspelen is ook bewegen. *Pedagogiek in Praktijk*, sept. 2008

Beide te downloaden van www.springzaad.nl

Van de met DIG gemerkte titels is een digitale versie aanwezig. Deze zijn ook aanwezig bij het secretariaat van Springzaad.

-an. (2011), Benefits of outdoor exercise confirmed. *Science Daily*, 5 februari. Verkregen van <http://www.sciencedaily.com/releases/2011/02/110204130607.htm> [DIG - 2 pag]

-Aarts, J. (2011), *Anders inrichten van leefomgeving helpt kinderen meer bewegen*. Persbericht Universiteit Tilburg [DIG – 1 pag.]

-Barbour, A.C. (1999), The impact of playground design on the play behaviours of children with differing levels of physical competence. *Early Childhood Research Quarterly*, 14 (1): 75-99 [DIG]

-Bell & Dyment (2008). Grounds for health: the intersection of green school grounds and healthpromoting schools. *Environmental Education Research*, 14 (1): 77-90 {DIG}

-Bell, A.C./ J.E. Dyment (2006), *Grounds for action. Promoting physical activity through school ground greening in Canada*. Toronto: Evergreen 61 pag. [DIG – 61 pag.]

-Berg, A. v.d., R. Koenis & M. v.d. Berg (2008). *Spelen in het groen: Effecten van een bezoek aan een natuurspeeltuin op het speelgedrag, de lichamelijke activiteit, de concentratie en de stemming van kinderen*. Wageningen: Alterra WUR [DIG – 90 pag.]

-Bird, W. (2004), *Natural fit: Can green space and biodiversity increase levels of physical activity?* Sandy (Beds.): Royal Society for the Protection of Birds [DIG – 95 –pag.]

-Boldemann, C., a.o. (2006), Impact of preschool environment on children's physical activity and sun exposure. *Preventive Science*, 42: 301-308 [DIG]

-Both, K. (2005). Kinderen in beweging. *De Wereld van het Jonge Kind*, 33, (4), 118-121

-Both, K. (2012): Het groene spelen. In: Rijn, L. van, e.a. (2012), Themanummer over 'Buitenspelen en Buitensport'. *Lichamelijke Opvoeding*, jrg. 2012, nr. 4., p. 40-42 [DIG]

-Burdette, H.L. & Whitaker, R.C. (2005), Resurrection of free play in young children.

Archives of Pediatric and Adolescent Medicine, 159: 46-50. {DIG}

-Cosco, N. (2005), *Environmental interventions for healthy development of young children in the outdoors*. Paper Open Space Conference Scotland. Raleigh (NC): College of Design North Carolina State University [DIG – 6 pag]

-Cosco, N.G. (2006), *Motivation to move: Physical activity affordances in preschool play areas*. PhD Dissertation. Edinburgh: School of Landscape Architecture, Edinburgh College of Art, Heriot Watt University [DIG – 229 pag]

-Cosco, N. (2007). Developing evidence-based design. In: Ward Thompson, C. & P. Traviou (eds.), *Open space – people space*. Londen: Taylor and Francis, p. 125 – 135 [DIG]

-Custers, M. (2008), *Evaluatie pilot Natuursprong*. Wageningen: Alterra [DIG – 23 pag.]

-Dyment, J.E. & A.C. Bell (2007), Active by design: Promoting physical activity through school ground greening. *Children's Geographies*, 5 (4): 463-477 [DIG]

-Dyment, J.E., A.C. Bell & A.J. Lucas (2009), The relationship between school ground design and intensity of physical activity. *Children's Geographies*, 7 (3): 261-276 [DIG]

-Erkelens, J. e.a. (2009), Peuters op de loopband. *Trouw*, 25 juli

-Fjørtoft, I. (2004), Landscape as Playscape: The effects of natural environments on children's play and motor development. In: *Children, Youth and Environments*, 42 (2): 21-44 [DIG]

- Fjørtoft, I & J. Sageie (2000), The natural environment as a playground for children. Landscape description and analyses of a natural playscape. *Landscape and Urban Planning*, 48, pp. 83-97 [DIG]
- Fjørtoft, I, B. Kristoffersen & J. Sageie (2009), Children in schoolyards: tracking movement patterns and physical activity in schoolyards using global positioning system and heart rate monitoring. *Landscape and Urban Planning*, 93, pp. 210-217 [DIG]
- Ginsburg, K.R., e.a. (2007). The importance of play in promoting healthy child development and maintaining strong parent-child bonds. *Pediatrics*, 19 (1): 182-191 [DIG]
- Gugerli-Dolder, B., M. Hüttenmoser, P. Lindemann-Matthies (2004), *Was Kinder beweglich macht. Wahrnehmungs- und Bewegungsförderung im Kindergarten*. Verlag Pestalozzianum, Zürich
- Helders, P.J.M. (2006). Spelende kinderen. *FysioPraxis*, december, p. 8 – 12
- Holt, N.L., a.o. (2009), Neighbourhood physical activity opportunities for inner-city children and youth. *Health and Place*, 15: 1022-1028 [DIG]]
- Kugel, J. (1969), *Lichaamsplan, lichaamsbesef, lichaamsidee. De psychologische betekenis van de lichamelijke ontwikkeling*. Wolters-Noordhoff, Groningen
- Leufgen, W. & M. van Lier (2007). *Vrij spel voor natuur en kinderen*. Utrecht: Jan van Arkel.
- Louv, R. (2007). *Het laatste kind in het bos. Hoe wij onze kinderen weer in contact brengen met de natuur*. Utrecht: Jan van Arkel
- Mackett, T.L. & J. Paskins (2008), Children's physical activity: The contribution of walking and playing. *Children & Society*, 22: 345 – 357 [DIG]
- McCurdy, L.A., a.o. (2010), Using nature and outdoor activity to improve children's health. *Current Problems in Pediatric and Adolescent Health Care*, 40:102-117 [DIG]
- Meel, J.M. van (1973), *Kinderen in beweging*. Boom, Amsterdam.
- Moore, L.L., e.a. (2003), Does early physical activity predict body fat change throughout childhood? In: *Preventive Medicine*, 37 (1): 10-17 [DIG]
- Moore, R.C., H.H. Wong (1997), *Natural learning*. MIG Communications, Berkeley. In het bijzonder p. 88 – 98, over 'Moving' [DIG]
- Mygind, E. (2007), A comparison between children's physical activity levels at school and learning in an outdoor environment. *Journal of Adventure Education and Outdoor Learning*, 7 (2): 161-176 [DIG]
- National Wildlife Federation (2012), *The dirt on dirt. Report*. Washington [DIG – 12 pag.]
- Pretty, J., a.o. (2005), The mental and physical health outcomes of green exercise. *International Journal of Environmental Health Research* 15 (5) 319-337 {DIG}
- Reynolds, G. (2012), Why it's so important to keep moving. *New York Times*, February 29 [DIG – 3 pag.]
- Rijn, L. van, e.a. (2012), Themanummer over 'Buitenspelen en Buitensport'. *Lichamelijke Opvoeding*, jrg. 2012, nr. 4. [DIG]
- Sallis, J.F. & Glanz, K. (2006). The role of built environments in physical activity, eating, and obesity in childhood. *The Future of Children*, 16 (1): 89-108
- Scheurink, A. (2007), *Te weinig aandacht voor de rol van lichaamsbeweging bij overgewicht*. Rijksuniversiteit Groningen, Opinie 25. Verkregen 10 maart 2012 van http://www.rug.nl/kennisdebat/Debat/opinie/2007/opinie25_07 2 pag. [DIG]
- Scheurink, A. (z.j.), *Bewegen belangrijker dan sporten*. Persbericht Rijksuniversiteit Groningen [DIG – 1 pag.]
- Storli, R. & T.L. Hagen (2010), Affordances in outdoor environments and children's active play in pre-school. *European Early Childhood Education Research Journal* 18 (4): 445-456 [DIG]

- Stratton, G. & N. Ridgers (2006), '*Playing for time*': *Physical activity and play*. Power Point Presentation for Play Research Network, UWE June 29th {DIG – 34 pag.]
- Tucker, P., a.o. (2009), Environmental influences on physical activity levels in youth. *Health and Place*, 15: 357-363 [DIG]
- University of Bristol (2007), The answer to childhood obesity: 15 minutes of football? *ScienceDaily*. Retrieved February 12, 2008 from <http://www.sciencedaily.com/releases/2007/03/070320095841.htm> [DIG - 2 pag.]
- Vreke, J. e.a. (2006). *Potentie van groen! De invloed van groen in en om de stad op overgewicht bij kinderen en op het binden van huishoudens met midden- en hoge inkomens aan de stad*. Wageningen: Alterra WUR [DIG – 112 pag.]
- Vries, S. de (2010), *Informele speelruimte telt mee*. Leiden: persbericht TNO [DIG – 1 pag.]
- Wolch, J., a.o. (2011), Childhood obesity and proximity to urban parks and recreational resources: A longitudinal cohort study. *Health and Place* 17 (1): 207-214 [DIG]
- Yerrell, P. (2009), *School green gym: Evaluation findings health and social outcomes 2009*. Doncaster (UK): BBC TV. www.bbctv.org [DIG- 4 pag.]
- Zimmer, R. (2002), Toben macht schlau. *Die Zeit*, 25 april [DIG – 4 pag.]