Areas of Learning

Technology impact on physical skills

There is no doubt that technology is part of the world we live in and here to stay for the future. It is important that we value its place in society but also recognise that it throws us some challenges, particularly around the impact on children's physical development.

With children spending more time typing or tapping on a screen, they're naturally spending less time outside or engaged in physical activities. Research has also found that children may engage in more mindless eating while watching TV or playing video games.

Likewise, changes in the technology of games consoles have also seen a rise in active video games and 'exergaming' (technology-driven physical activity). Surrounding this development is a growing wealth of academic literature looking at the use of active video games to help address the falling levels of physical activity in children.

Task 1

Watch the short video clip of a baby interacting with a book and a tablet included in the link below. You can watch this individually or as a whole setting.

[What is the impact of technology on babies and young children? (richardhughesjones.com)](richardhughesjones.com)

- What are your thoughts?
- Were there any surprises?

- Is this something you have seen in practice?
- Does this pose a problem for the future?
- Did any of your colleagues think differently?
- What do you think parents would think to this clip?

Task 2

Is technology helping or hindering children's activity levels? What do you think?
Use these links from around the world to generate a discussion with your team.

'iPad Kids' at risk of long-term poor health as parents struggle to wean children off gadgets | ukactive

6 Negative Impacts of Technology on Children (And What You Can Do) (makeuseof.com)

Electronic activity trackers encourage family fun and fitness - PMC (nih.gov)

Active video gaming helps fight obesity - YouTube

Task 3

Working with a peer draw up two mind maps. One with the heading of 'challenges of technology' and the other with 'benefits of technology'. You could facilitate this at a meeting or put flip chart up on the wall for staff to contribute too.

Compare these two diagrams after completion to aid some reflection on the subject.

This is something you could share with the team or with parents.

Could you create a display or fact sheet?