



The History of Get Up and Go!

'GO! Exercise with the Teletubbies' is the on-air component of the Get Up and Go! Teletubbies National Day of Exercise Initiative. Teletubbies' co-creators Anne Wood and Andy Davenport developed the Go! curriculum in cooperation with the UK Department of Education and Employment and The Youth Sport Trust.

The UK Department of Education and Employment introduced a new Foundation Curriculum for Early Years for 3 to 5 year olds in September 2002. The curriculum is organized into six areas of learning, each comprised of a number of Early Learning Goals:

- * Personal, Social and Emotional Development
- * Physical Development
- * Creative Development
- * Language and Literacy
- * Mathematical Development
- * Knowledge and Understanding of the World

Movement, physical development and exploration are central components of the Teletubbies program. The 'GO! Exercise With the Teletubbies' content touches upon all of the Early Learning Goals, but particularly upon the Physical Development goals of:

- * Moving with confidence, imagination and control
- * Developing spatial awareness
- * Recognizing the importance of good health
- * Recognizing the importance of activity to the body
- * Developing balance

The Youth Sport Trust was a key adviser to the School Curriculum and Assessment Authority, who on behalf of the Department of Education and Employment produced the Foundation Curriculum for Early Years.

The Youth Sport Trust supported the development of the 'GO! Exercise with the Teletubbies' content, from initial research through to the final production.

A young and dynamic charity established in 1994 in the UK, the mission of the Youth Sports Trust is to effect change and build a brighter future for young people through sport. Their goal is to develop and implement quality physical education and sport programs for all young people aged 18 months to 18 years in schools and the community.

The Trust encourages the physical development of children in a fun and playful way, without causing stress or damage to the developing bones and bodies of young children. The Trust is a key adviser to the British Government on a number of initiatives including the Early Learning Goals policy.

The Trust has fully evaluated 'GO! Exercise with the Teletubbies', and believe the content accomplishes the following:

- * The Stretch Up High Segment helps children understand and try out different body shapes, and practice the body tension they need to stretch and reach.
- * The Jumping Segment exercises the entire body - as well as being great fun!
- * The Walking and Marching Segments develop key locomotion skills and help children respond to rhythms using both sides of the body.
- * The Standing on One Leg Segment develops the ability to balance.

Overall developmental benefits include improved coordination and sense of rhythm. Additionally the content fosters a sense of achievement among participating children, and builds confidence.