

Physical activity and small screen recreation policy



Current	27-2-19
Next Review	27-2-20
Regulation(s)	
National Quality Standard(s)	2.2.2: physical activity is promoted through planned and spontaneous experience and is appropriate for each child.
DoE Preschool Handbook	<p style="text-align: center;">Physical activity</p> <p>Children need to move freely and be active every day!</p> <p>There is increasing evidence of a relationship between the lack of physical activity and lifestyle diseases such as obesity, diabetes and heart disease.</p> <p>Physical activity should occur throughout the day both indoors and outdoors and be an integral part of the daily preschool program.</p> <p>Development of good habits in preschool can form the foundation for later years and impact on immediate and longer term health outcomes.</p> <p>Preschools are ideal places to develop good physical activity habits for children. Preschools can also support parents by providing information on the importance of physical activity.</p> <div style="background-color: #fce4d6; padding: 10px; margin: 10px 0;"> <p>Element 2.2.2</p> <p>Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child.</p> </div> <div style="border: 1px dashed gray; padding: 10px; margin: 10px 0;"> <p>Preschoolers should be physically active every day for at least three hours, spread across the entire day. <i>Get Up and Grow 2009.</i></p> </div>
Key Resources	<p><u>Healthy Kids</u> Fact Sheets</p> <p>Munch and Move. Healthy Kids: eat well, get active</p> <p>Get LIQ and grow: Healthy eating and Physical activity for early childhood resources. Australian Government Department of Health</p>

Procedure:

Promote children's participation in a range of physically active learning experiences.

- Our outdoor environment is flexible to provide opportunities for children to participate in various levels of physical activities and Fundamental Movement Skills (FMS). The area is large and allows children to run, gallop, hop, jump, side slide and leap. Balls are provided daily to encourage gross motor skills such as throwing, striking, catching, dribbling and kicking.
- Activities are planned to incorporate FMS to cater for each child needs.
- Our outdoor environments are checked daily to ensure the safety of all equipment.
- Educators undertake regular professional development to maintain and enhance their knowledge of early childhood physical activity.

Provide a positive physical activity environment which reflects cultural and family values.

- All children are encouraged to participate in a range of active and physically active experiences.
- We offer inclusive physical activity opportunities which cater for children from culturally and linguistically diverse backgrounds and those with additional needs.
- We give positive feedback and instruction to assist children in developing and refining their FMS.
- Parents are encouraged to participate in supporting their child's physical development.
- Children are encouraged to be understanding and accepting of the different physical skills and abilities of other children.
- Children are encouraged to drink water before, during and after physically activity experiences.

Promote lifelong enjoyment of physical activity

- We provide opportunities for children to engage in discovery learning about the importance of being physically active and reducing small screen time as part of their learning experiences. We assist children to develop daily habits, understandings and skills that support health and wellbeing.

Limit time children spend engaging in small screen recreation while in care

- We actively participate in the Early Learning Languages Australia which is a program that operates through the use of iPads. We are aware of the policy guidelines surrounding small screen recreation and closely monitor each child's participation. We regularly discuss with the children the role of small screen time in their lives and support them in making healthy choices about their use of small screen recreation for both education and recreation.
- Our service encourages communication with families about physical activity, gross motor skills development, FMS development and limiting small screen recreation. A copy of the policy is available at orientation. Regular information is provided to families about physical activities and limiting small screen recreation for their children in the home.