



1.07 Physical Activity Policy

POLICY STATEMENT

Our service seeks to promote children's physical activity and the development of their gross motor and fundamental movement skills through a range of planned and spontaneous physically active play experiences, as well as through everyday physical tasks. We recognise the importance of supporting families to promote their children's physical activity, and their gross motor and fundamental movement skills development, and to limit their children's small screen recreation and sedentary behaviour.

AIM

We aim to;

- Promote children's participation in a range of safe physically active learning experiences.
- Provide a positive physically active environment which reflects cultural and family values.
- Promote lifelong enjoyment of physical activity.
- Limit time spent engaging in technology focused learning to a maximum of 30 minutes per day.
- Encourage communication with families about physical activity, gross motor skills development, fundamental movement skills development and limiting small screen recreation and sedentary behaviour.

STANDARDS AND PROCEDURES

We recognise the following important functions of physical activity for young children:

- Promotes healthy growth and development
- Builds strong bones and muscles
- Improves cardiovascular fitness
- Improves balance, coordination, posture and strength
- Maintains and develops flexibility
- Assists with the development of gross motor and fine motor skills
- Provides the opportunity to develop fundamental movement skills
- Helps to establish connections between different parts of the brain
- Improves concentration and thinking skills
- Improves confidence and self-esteem
- Relieves stress and promotes relaxation
- Provides opportunities to develop social skills and make friends
- Helps to achieve and maintain a healthy weight

The service is committed to implementing the key physical activity messages within Kids at Play Active Play and supporting the National Physical Activity Recommendations for Children Birth to 5 years as outlined below:

National Physical Activity Recommendations for Children Birth to 5 Years

For healthy development in **infants** (birth to 1 year), physical activity – particularly supervised floor-based play in safe environments – **should be encouraged from birth.**

Toddlers (1 to 3 years of age) and preschoolers (3 to 5 years of age) should be **physically active every day for at least three hours**, spread throughout the day.

Infants, toddlers and preschoolers should **not be sedentary, restrained, or kept inactive, for more than one hour at a time**, with the exception of sleeping.

Children younger than 2 years of age should **not spend any time watching television or using other electronic media** (DVDs, computer and other electronic games).

For **children 2 to 5 years** of age, sitting and **watching television** and the use of other electronic media (DVDs, computer and other electronic games) should be **limited to less than one hour per day.**

The service will:

- Provide the opportunity for children to be active every day through a balance of planned and spontaneous physically active experiences (including everyday physical tasks), in the indoor and outdoor environments.
- Plan daily intentional Fundamental Movement Skills (FMS) experiences to support children’s physical activity and their FMS development. This includes the planning of FMS experiences for older toddlers and preschoolers that consists of a warm-up, FMS game and a cool-down – Kids at Play Active Play
- Foster the development of a range of FMS - including running, galloping, hopping, jumping, leaping, side-sliding, throwing, catching, striking, kicking, underarm rolling and stationary dribbling.
- Ensure physically active experiences are play based, varied, creative, developmentally appropriate and cater to a range of abilities and interests.
- Ensure all physically active experiences are safe by providing an appropriate environment - ensuring all equipment is developmentally appropriate and well maintained and supervision is constant.
- Encourage children’s participation in physical activity of varying intensity (eg. lighter through to vigorous activity).
- Provide space, time and resources for children to revisit and practice FMS and engage in active play.
- Where possible, educators will involve children in the planning of physically active experiences.
- Encourage educators to actively role model to children appropriate physical activity behaviours.
- Encourage children and educators to drink water before, during and after physically active experiences.
- Provide opportunities for educators to undertake regular professional development to maintain and enhance their knowledge about early childhood physical activity.
- Ensure all new staff at the service are aware of the Kids at Play Active Play and other physical activity materials/resources.
- Offer inclusive physical activity opportunities which cater for children from culturally and linguistically diverse backgrounds and those children with additional needs.
- Adopt a participatory approach to physically active experiences offered to children and emphasis fun and participation rather than competition.

- Encourage children to be understanding and accepting of the different physical skills and abilities of other children.

EDUCATION AND CARE SERVICES NATIONAL REGULATIONS

Children (Education and Care Services) National Law NSW

- 73 Educational Program

SOURCE LIST

This section contains websites, industry bodies, or Legislation that have been used to assist in sourcing the information for this policy. It also acts as a guide to sourcing further reading on each relevant policy.

- [ACECQA Website](#)
- [Early Childhood Australia - Code of Ethics](#)
- [Guide to the Education and Care Services National Law and the Education and Care Services National Regulations 2011](#)
- [Guide to the National Quality Standard](#)
- [Kids at Play Active Play](#)
- [The Department of Health – 24 Hour Movement Guidelines for the Early Years](#)

RELATED POLICIES

- 1.01 Educational Curriculum Policy
- 1.02 Cultural Diversity Policy
- 1.05 Technology Policy
- 5.01 Anti Bias and Inclusion Policy
- 5.04 Interactions with Children Policy

POLICY REVIEW

The review schedule has been developed using a risk assessment methodology with consideration given to sector, industry, and legislative changes.

Date reviewed	Policy changed	Modifications	Next Review Date
May 2018	Yes	No Updated to include National Physical Activity Recommendations for Children Birth to 5 years Table from Kids at Play Active Play Professional Development Training	May 2019