



Physical Activity Policy for Preschools

Policy Statement

This preschool recognises the physical, social and developmental benefits of regular physical activity and fundamental movement skills (gross motor development) for young children. The service is committed to including physical activity and skill development as an integral part of the centre's daily routine.

This physical activity policy aims to:

- 1. Provide a positive environment in which physical activity and skill development are an integral part of the daily preschool routine.**
 - 2. Program the recommended amount of time for a range of physical activity learning opportunities including structured and unstructured movement activities and skill development, both indoors and outdoors.**
 - 3. Communicate positive messages to families about:**
 - a) Participating in physical activity and fundamental movement skills at home
 - b) Limiting inactive pastimes such as viewing TV and DVDs, using hand held electronic games and using computers for recreation.
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1. Provide a positive environment in which participation in physical activity and skill development are a standard part of the daily preschool routine.

- a) Provide a range of fun, developmentally appropriate physically active learning experiences.
- b) Provide space, equipment and resources to safely provide physical activity.
- c) Provide instruction and demonstration for children to perform and refine activities and skills.
- d) Lead by example by participating in physical activities with the children.
- e) Encourage all children to participate in physical activity through positive reinforcement.
- f) Include all children in physical activities by considering variations in ability and by catering for children from Aboriginal and Torres Strait Islander backgrounds, cultural and linguistically diverse backgrounds and for those with special needs.
- g) Include physical activity in fund raising activities and other preschool events where possible.
- h) Provide opportunities for staff to undertake professional development in physical activity.
- i) Consider including physical activity as a topic in other activities such as counting, reading etc
- j) Encourage parents to dress children appropriately for active play and sun protection.

2. Program the recommended minimum time to a range of physical activity learning opportunities including structured and unstructured movement activities and skill development, both indoors and outdoors.

- a) Accumulate* *at least* 60 minutes of **unstructured** movement activities ('free play') daily. Activities should include a range of moderately and vigorously intense activities such as dancing, running, trampolining and use of large outdoor equipment.
- b) Accumulate* *at least* 60 minutes of **structured**** activities daily to develop fundamental movement skills including locomotor skills, manipulative skills and stability skills (these are jumping, running, galloping, leaping, hopping, side sliding, catching, throwing, kicking, striking, stationary dribbling, underarm throw, balancing and stretching).
- c) Limit time spent in passive activities to no more than 60 minutes at a time
- d) Computers, TV or DVD viewing at preschool will be used only for educational purposes.

*Short bouts of physical activity throughout the day (eg 20 – 30 minute bouts) can be programmed to add up to the recommended minimum of 60 minutes.

**There are many ways to include skill development activities, eg one skill at a time/per week, and/or in circuits, and/or within other physically active games and activities.

3. Communicate positive messages to families about :

a) Participating in physical activity and fundamental movement skills at home:

- i. Communicate positive messages regularly through a range of media including newsletters, fact sheets, posters, informal discussion, information packs at orientation days, websites, physical activity demonstrations and other methods.
- ii. Messages should encourage parents to put together:
At least 60 minutes of active play for pre-schoolers on non preschool days **AND**
At least 60 minutes of activities that develop fundamental movement skills (such as jumping, running, galloping, leaping, hopping and side sliding, catching, throwing, kicking, striking, stationary dribbling, underarm throw, balancing & stretching).

b) Limiting inactive pastimes such as viewing TV and DVD's, using hand held electronic games and using computers for recreation.

- i. Encourage parents to limit children's inactive pastimes to less than 2 hours daily and preferably to no more than 1 hour daily.
- ii. Provide practical advice about how parents can limit children's inactive pastimes (eg Munch & Move fact sheets, information from 'Young Media Australia'.

Useful references for families and preschools

<http://www.youngmedia.org.au/>

http://www.aahperd.org/naspe/template.cfm?template=ns_active.html

www.healthykids.nsw.gov.au

www.healthpromotion.com.au

This policy will assist pre-schools in complying with parts of the NSW Children's Services Regulation 2004, and parts of the Australian NCAC Quality Practices Guide (see below).

NSW Children's Services Regulation:

Part 3 licence conditions-Division 2 equipment-(40) development and play equipment.

Part 6 licence conditions-Division 1 general- (64) programs for children.

NCAC Quality Practices Guide - Quality Area 4.

Principle 4.1: Staff encourage each child to make choices and participate in play

Principle 4.6: Staff promote each child's physical abilities

* **This policy is consistent with international physical activity guidelines for children aged 0-5 years. Australian physical activity guidelines are not yet available.



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