

# Healthy and Active Reflective Calendar



February

MONTH

## How did we get moving?

E.g. favourite games, dancing, bush walks, yoga.

- The children have been interested in insects - outdoor exploration with magnifying glasses and bug identification charts. We went on a bug hunt walking to the local park/wetlands in search of insects. Check out our bug exploration area!
- We have been exploring movement through music - using different tempos and instruments for different moves.
- We added actions to our good morning song.
- We provided loose parts for construction of obstacle courses



## How did we explore healthy choices?

E.g. growing veggies, cooking, taste testing, games.

- Our snow peas and cherry tomatoes are growing well and have been a popular snack. We decided to do a cooking and tasting experiment to see what happens to snow peas when they are steamed or boiled.
- Sam and his mum went orange picking at the farm on the weekend and brought some in for us to explore at preschool. We experimented with making juice.
- The joey room was interested exploring what other foods come from farms - we set up a food and farm area, this led into fruit and veg shop role play.



## How did we extend on children's interests and learning of fundamental movement skills?

E.g. international teaching obstacle course, games, songs, risky play.

- Kiara brought in her new soccer boots. We utilised the FMS lanyards during small group games focussing on kicking and provided a variety of balls and equipment for the children to set up their own target games and drills.
- Jaxon and Lilly have a keen interest in horses, we explored the FMS skill galloping and incorporated some of the games from "FMS with Franky and Friends". 'Old town road' was our favourite song to gallop to.
- We have found smaller group sizes worked better when demonstrating a skill or observing and recording children's progress. Larger group games work well for encouraging participation and having equipment available in the environment each day saw children beginning to incorporate FMS into their own play.

### How did we learn the benefits of reducing screen time?

E.g. Jack's FUNtastic Day.

- At morning meeting we have been talking about getting active and encouraging the children to share what physical activities they choose to do for the day and what equipment they might need.
- We have revisited the Jack's FUNtastic Day storybook and brainstormed ways to swap our screen time for active time.
- Instead of watching a favourite show or playing games, the children have been creating characters and acting out the stories through role play. The interest in characters has extended outside with Paw Patrol at our target practise and Lego characters at the bowling alley!

### How did we share information about healthy eating , physical activity and reduced screen time with families?

E.g. involving families in review of policies and planned physical activity or cooking experiences, health information inserted in newsletters, referring families to resources.

- Our gardening and cooking journey has been shared with families via story park.
- We have also shared links to facts sheets about healthy eating and cooking ideas.
- We have been reviewing our physical activity and screen time policy and have asked parents to assist in the review.
- We have shared information about the Australian 24-hour Movement Guidelines and highlighted the recommendations for screen time for different ages.

### How did we connect with our community and/or the natural environment?

E.g. nature play and exploration experiences, building a fort or obstacle course from natural materials, visiting the local park or fruit and veg shop.

- We have been talking about vegie gardens and several of our families have them at home.
- We have created a produce station where families can swap produce from their garden or fruit and vegies from home.
- We have also added eggs the children collect from our chooks.
- The primary school across the street has also invited us to visit their large community garden.

### How will we plan?

#### What are your goals for next month?

Did your reflections lead to ideas for improvement? Were actions recorded in your service QIP?

- Open our outdoor space to allow more room to move. Keep the space under the shade cloth clear for children to engage in physical activity.
- Use milk crates to store equipment. Move book corner to under the tree.
- Plan a visit to the community garden.
- Incorporate FMS into our transition times, e.g. demonstrate the skill and then children jump off to the bathroom.
- Sign up for Vegie Month.

To access the full 2026 reflective calendar scan the QR code

