



## Physical Activity Promotion Policy

---

### NQS

QA2	2.2.2	Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child.
-----	-------	--

### My Time, Our Place

LO3	Children become strong in their social and emotional wellbeing
	Children take increasing responsibility for their own health and physical wellbeing

### Aim

To provide children with a physically active program that is developmentally appropriate.

### Related Policies

Additional Needs Policy

Physical Environment (Workplace Safety, Learning and Administration) Policy

Relationships with Children Policy

### Who is affected by this policy?

Children

Families

Educators

Management

### Implementation

The service will implement the Active Kids are Healthy Kids recommendations for 5 – 12 year olds. The recommendations are in the Active Kids are Healthy Kids Brochure which can be found at the following web address:

[http://www.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/\\$File/brochure%20PA%20Guidelines\\_A5\\_5-12yrs.PDF](http://www.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF0001E720D/$File/brochure%20PA%20Guidelines_A5_5-12yrs.PDF)

In line with this, our service will implement and encourage the following recommendations for physical activity for each child in attendance:

- Offer opportunities for children to participate in active style incursions to promote fitness and well-being.
- Offer opportunities for indoor physical activities that involved standing and movement.
- Most importantly, kids need the opportunity to participate in a variety of activities that are fun and suit their interests, skills and abilities. Variety will also offer the child a range of health benefits, experiences and challenges.
- Kids who are just starting to get active should begin with a moderate level of activity, for example 30 minutes per day, and steadily increase.
- Children shouldn't spend more than two hours a day using electronic media for entertainment (eg computer games, TV, internet), particularly during daylight hours.

#### **Educator's Will:**

- Encourage children to participate in physical activities through programming and spontaneous experiences.
- Encourage and support children to undertake and participate in new or unfamiliar physical activities.
- Participate in physical activity with the children.
- Show enthusiasm for participation in physical activity and organise play spaces to ensure the safety and wellbeing of all individuals in the environment.
- Set up and plan for physical play activities and equipment and where appropriate encourage the children to help with the set-up.
- Listen to children's suggestions on what physical activities they would like to participate in and where appropriate incorporate them into the program
- Set up indoor and outdoor areas in a manner that promotes and encourages safe physical play for all ages and abilities represented at the service.
- Actively encourage children to accept and respect each other's range of physical abilities.
- Consult with families and resource agencies on providing physical experiences that reflect diverse backgrounds and abilities.
- Role model appropriate footwear and clothing for physical activity.
- Will ensure a balance of active and sedentary activities throughout the child's day and minimize sedentary behaviours unless the child is tired or ill.

**The service will support the children in:**

- The development of their physical skill set by providing regular opportunities for outdoor play.
- The development of their physical skill set by talking with children about how the human body and how important physical activity is for an individual's health and wellbeing.
- The development of their physical skill set by providing experiences for the children that draw on elements of dance, dramatic play and creative movement.

## Sources

**Education and Care Services National Regulations 2011**

**National Quality Standard**

**Make your move – sit less be active for life: Department of Health**

**Australian 24 Hour Movement Guidelines for Children and Young People (5-17 years)**

**My Time, Our Place Framework for School Age Care**

## Review

The policy will be reviewed annually.

Review will be conducted by:

- Management
- Employees
- Families
- Interested Parties

• **Reviewed: 1<sup>st</sup> May 2021**

**Date for next review: 1<sup>st</sup> May 2022**