

3.7 Physical Activity Policy

Policy Statement

We aim to provide all children with appropriate, frequent and varied physical activity opportunities, focusing on enjoyment and participation, thereby promoting gross and fine motor skill development and encouraging positive physical activity habits in all children.

Procedures

When planning physical activity games and experiences, individual children's needs, interests, ages and capabilities will be taken into consideration.

Educators will set up the indoor/outdoor area in such a way as to:

- Promote safe physical play for children of different age groups and capabilities
- Stimulate children's interest and curiosity by being creative in their use of equipment and materials
- Offer a range of challenges and experiences, inviting children to explore, discover and experiment
- Facilitate the inclusion of children with special/additional needs; and
- Support children to create their own games and experiences.
- Encourage children to help plan and set up physical play activities and equipment.
- Encourage children to play safely while negotiating indoor and/or outdoor play spaces to ensure the safety and wellbeing of themselves and others.
- Encourage and provide appropriate support to children to participate in new or unfamiliar physical experiences.
- Act as positive role models by becoming involved in and enjoying children's physical activities.

Amount and types of physical activity

The program offered will:

- contribute to the recommended daily physical activity for children in accordance with the physical activity recommendations for 5-12-year-olds as published by the Australian Government Department of Health.
- actively encourage children to participate in a combination of moderate and vigorous physical activities every day, as part of play and games.
- encourage children to play outdoors
- to limit the time, children spend watching television or engaged with computers and/or other electronic devices.
- vary activity sessions to provide opportunities for children to participate in a variety of activities that are fun
- match their interests, skills and abilities and help them to build their self-confidence.
- may incorporate water-based play activities into the outdoor environment ensuring risk assessments have been conducted prior to implementation.

Safe and supportive environments

- Playgrounds, indoor and outdoor environments are checked regularly to ensure they are safe to use.
- All physical activity sessions will be adequately supervised by an educator/s.
- In adverse weather conditions, outdoor playing time is substituted with equivalent indoor activities.
- Educators and children wear broad-brimmed hats and apply a 30+ sunscreen on exposed skin at regular intervals when involved in outdoor activities (see Policy 4.8 – Sun Safety).
- During outdoor play, children will be encouraged to play in shaded areas, where possible
- Drinking water is readily available with educators encouraging children to access it.
- A well maintained first aid kit is on hand at each activity session.

Equipment

- A wide range of safe, adequate and appropriate equipment for physical activity is available for children to access, and there are a variety of facilities available for children to use.
- All play equipment is regularly maintained and cleaned with broken items identified and removed.
- Flexible arrangements are provided that allow children to move resources and equipment inside and/or outside to extend their learning opportunities.

Learning about physical activity

- Educators inform children about the importance of physical activity for future health and wellbeing.
- Service budget allows for educators to participate in training in relation to physical activity for children.

This policy was adapted from Queensland Health 'PANOSH' Physical activity policy for OSHC.

References

Education and Care Services National Law Act, 2010 and Regulations 2011

'My Time, Our Place' Framework for School Age Care in Australia

Physical Activity and Sedentary Behaviour Guidelines for Children 5-12 years

- Duty of Care
- NQS Area: 1.1.1, 1.1.2, 1.1.5, 1.1.6; 1.2; 2.1.1; 2.2.2; 2.3.1, 2.3.2; 3.1; 3.2; 4.1; 5.1; 5.2; 6.2.1, 6.3.3; 7.1.2; 7.2.1, 7.3.5.
- Policies: 2.3 – Educator Ratios, 2.11 – Including Children with Special/Additional Needs, 3.1 – Educational Program Planning, 3.3 – Educator's Practice, 4.8 – Sun Safety, 6.1 – Space and Facilities Requirement, 6.2 – Provision of Resources and Equipment, 8.4 – Educator Professional Development and Learning.

Date of Development	Reason for Modification	Date Ratified	Date of Review