

# Barney Multi-Age Childcare

## Active play and physical activity policy

(Amended Sept 2017)

### Purpose

The educators, staff and management, along with the parents of enrolled children acknowledge the importance of active play and physical activity behaviours that contribute to good health and overall wellbeing.

This policy confirms our commitment to:

- encourage children to engage in a range of child-initiated and adult-guided physical activities within the educational program
- promote the importance of a healthy lifestyle, which includes being physically active every day.

As a health promoting service we will promote active play and physical activity for children, educators, staff and families through learning, policies, creating a safe and healthy physical and social environment and developing community links and partnerships.

### Policy statement

#### Background

Active play is about moving, being and doing. Children may engage in active play by themselves or with other children. Active play uses large muscles and provides children with a range of physical, emotional and social benefits. Outdoor play is very important as it helps develop gross motor and fundamental movement skills. Active play also helps develop a strong and healthy body, builds skills, creates feelings of wellbeing and helps protect from disease.

#### Whole service engagement

It is recognised that every member of the service impacts on the children's health and can contribute to creating an environment that promotes active play and physical activity. All members of our service, including educators, staff, children, families and volunteers will be supported to meet this policy.

#### Definitions

**Active play** covers a range of activities including climbing, throwing, jumping, running, lifting, pushing and pulling appropriately-sized objects, sweeping, raking, digging, and being active to music, movement and games.

**Service:** Active play services provided by Barney Daycare's staff.

**Child-initiated active play** is developed by the child through exploration of the environment, equipment and games.

**Adult-guided active play** encourages children's physical development through promoting movement skills in a non-competitive environment.

**Physical activity** includes sport, incidental exercise and many forms of recreation.

## Procedures

### Healthy policies

- Educators, staff, families and children are active participants in the development and implementation of the whole service active play policy and are encouraged to promote and support active play initiatives in the service.
- Educators, staff and families are provided with information about policy requirements.

### Healthy physical environment

#### Active play

- Outdoor play equipment is adaptable and moveable, to encourage change and to challenge children.
- Active play experiences are inclusive of the diversity and abilities of all children.
- Suitable areas have been set up so children are able to participate in active play and physical activity in all types of weather.
- The service seeks to ensure that fundraising focuses on healthy and active options.

#### Screen time

- Screen based activities, such as watching DVDs or playing computer games, are not available to children under two years of age.
- Screen time is limited for toddlers and preschoolers (aged two to five years).
- Active play is promoted instead of offering screen time.
- The time children spend being seated or inactive, other than during meal or naptime, is limited.
- Educators engage with children about the content of what they are viewing and respond to their reactions.

#### Active travel

- Active travel, such as walking, riding a bike or scooting to and from the service is encouraged for educators, staff, children and families.
- The service aims to identify and address barriers for active travel within the local environment.
- Space is provided at the service for children to leave active travel equipment.

### Healthy social environment

- As role models, educators, staff and families are encouraged to actively engage with children in active play and physical activity.

### Learning and skills

- Educators and staff involve children in planning for active play and physical activity experiences both indoors and outdoors.
- Child-initiated and adult-guided active play and physical activity experiences, which challenge and encourage children to explore, extend and test limits, are planned and provided on a daily basis as part of the educational plan.
- Opportunities to learn about the importance of active play and physical activity are embedded in the educational program through discussion, group games, stories, music and movement.
- Staff routinely identify opportunities to engage children, educate and promote appropriate physical activity skills and active play.
- Educators are supported to access resources, tools and professional learning to enhance their knowledge and capacity to engage in adult-guided active play and physical activity with children.

## Engaging children, educators, staff and families

- Educators, staff, children and families are key partners in developing a healthy and active physical environment.
- Educators, staff and families are provided with information, ideas and practical strategies on a regular basis to support active play in the service and at home.
- Families and children from culturally diverse backgrounds are engaged to ensure cultural values and expectations about physical activity are respected.

### Service policies this may link to:

- Educational program
- Behaviour guidance
- Fundraising
- Media: such as television, online video or computer
- Staff health and wellbeing
- Safe environments

## Monitoring and review

This active play and physical activity policy will be monitored by educators, staff, management, and the licensing office. It will be implemented as part of the daycare's policy.

All 3 pages viewed and signed by: \_\_\_\_\_ Date: \_\_\_\_\_

## Appendices – Additional information

### STANDARD OF PRACTICE

(Source: [https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/active\\_play\\_june\\_2016.pdf](https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/child-day-care/active_play_june_2016.pdf) )

Whenever possible, it is recommended active play and physical movement should be incorporated in the child care environment throughout daily routines and activities for a total of 120 minutes.

1. The following licensed child care programs must ensure a minimum of 60 minutes per day of outdoor active play (indoor active play is acceptable when weather is poor or outdoor physical space is limited). Active play may be accumulated through 15 minute portions of time throughout the day or continuously.

♣ Family Child Care ♣ Group Child Care (Under 36 Months) ♣ Multi-Age Child Care ♣ Group Child Care (30 Months to School Age) ♣ In-Home Multi-Age Child Care ♣ Group Child Care (School Age)

2. All licensed child care programs must limit screen time (TV, computer, electronic games) to 30 minutes or less a day.  
♣ Programs where children are in attendance for 3 hours or less should not include screen time activities into the daily routine.

♣ Screen time is not offered to children under two years of age.