YACKANDANDAH KINDERGARTEN

**PHYSICAL ACTIVITY AND MOVEMENT POLICY 2019**

**Quality Area 6 & 7**

Purpose

The educators, staff and management of Yackandandah Kindergarten acknowledge the importance of **physical activity and movement** and its contribution to good health and overall development.

This policy confirms our commitment to:

* embed physical activity and movement in the educational program
* 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 to educators, families and children

As a health promoting setting we will promote healthy habits for children, educators, staff and families through learning, policies, creating a safe and healthy physical and social environment, supporting staff and developing community links and partnerships. Yackandandah Kindergarten recognises the importance of supporting families to promote physical activity and movement through positive, respectful and reciprocal relationships.

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.

The increasing prevalence of overweight and obesity in childhood reflects the current low levels of physical activity and movement and increase in sedentary behaviour of children and the entire community. Developing healthy habits associated with being physically active sets the foundations for good healthy habits later in life and can have immediate and long term health outcomes. Early Childhood education and care services are an ideal place to develop good habits in young children and influence the behaviour of families to be healthy and active. Educators and families can work together to share the responsibility of making physical activity and movement a priority both inside and outside the home.

Yackandandah Kindergarten is committed to creating and maintaining an environment where the health and wellbeing of all staff, children and families is highly valued. We acknowledge that a positive environment encourages and support all to maintain or adopt a healthy lifestyle. While everyone has a responsibility to maintain and support our healthy environment, individuals have the right to choose their level of participation. As contributors to our kindergarten; all staff, contractors, visiting students, families, children and volunteers are included in the scope of 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.

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.

Responsibilities

All employees are encouraged to:

* understand this policy and seek clarification from management where required
* consider this policy while completing work-related duties and at any time while representing support fellow workers in their awareness of this policy
* support and contribute to supportive environment for all

All employees have a responsibility to:

* take reasonable care of their own health and wellbeing, including physical health
* take reasonable care that their actions do not affect the health and safety of other people in the workplace

Managers have a responsibility to:

* ensure that all workers are made aware of this policy
* actively support and contribute to the implementation of this policy, including its goals
* manage the implementation and review of this policy

Whole of Setting 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 physical activity and movement. All members of our service, including educators, staff, children, families and volunteers will be supported to meet this policy.

Communication

Yackandandah Kindergarten will ensure that:

* all employees receive a copy of this policy during the induction process
* all families are made aware of this policy through the Family Handbook
* this policy is easily accessible by all members of the organisation
* all members are informed when a particular activity aligns with this policy
* all members are empowered to actively contribute and provide feedback to this policy
* all members are notified of all changes to this policy.

Yackandandah kindergarten will:

* encourage staff and families to provide input into the development and implementation of mental health and wellbeing initiatives within the service
* promote staff, children and family participation in wellbeing initiatives beyond the scope of the service
* engage health professionals, services and organisations who can support promotion of staff, children and families mental health and wellbeing.

**Procedures**

Yackandandah Kindergarten will provide a healthy physical and social environment and promote awareness of Physical Activity and Movement for staff, children and families that supports a whole of service engagement inclusive of the following domains:

* Leadership and Commitment
* Healthy Physical Environment
* Healthy Culture
* Child Teaching and Learning
* Supported Staff and Educators
* Families and Community Partnerships

Leadership and Commitment

* Educators, staff, families and children are active participants in the development and implementation of the whole service mental health and wellbeing policy.
* 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 time is limited for pre-schoolers (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.

**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 Culture

* As role models educators, staff and families are encouraged and supported to engage with children in active play and physical activity.
* Active travel is promoted and encouraged to families, staff and educators.
* Children are encouraged not to be sedentary or inactive for more than an hour at a time.

**Child Teaching and Learning**

* Educators are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote physical activity and movement.
* 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.
* Road safety education is incorporated into the educational program.
* The service engages in walking excursions within the local community that promote physical activity and safe active travel.
* 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.

Supported Staff and Educators

* Families, children, educators and staff are key partners in developing and supporting physical activity and movement initiatives.
* Information, ideas and practical strategies are provided to educators and staff, on a regular basis to promote and support health and wellbeing in the service and at home including the importance of physical activity and movement.

Families and Community Partnerships

* The service engages local health professionals, services and other organisations to increase educator and staff capacity to deliver and promote physical activity and movement and active play initiatives.
* Information about community physical activity opportunities and health benefits of being physically active is made available to families through discussion, newsletters, social media and visual displays.
* Partnerships developed with local sporting groups and organisation to support educators, staff families and children to deliver and promote a range of sporting and recreation activities.
* Developing links with local and regional health services, community organisations and businesses that provide expertise, resources and support for active play.

**Related legislation and policies**

Relevant legislation and policy documents:

* Inclusion and Equity Policy
* Healthy eating
* Staff Health and Wellbeing Policy
* Sun Protection Policy
* ACECQA National Quality Standard 2018 – Quality Area 2
* Victorian Early Years Learning and Development Framework For all Children from Birth to Eight Years. Department of Education and Training, 2016
* Australian 24-hour movement guidelines for early years (0-5 years): <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines#npa050>
* Australian 24-Hour movement guidelines for adults <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines#apaadult>

Monitoring and review

This Physical Activity and Movement policy for children will be monitored by educators, staff, families, management and the health and wellbeing team. It will be reviewed, and if necessary revised, as part of a policy review schedule.

**Endorsed by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Next review date: \_ February 2020 \_\_\_\_\_\_\_\_**