

# Active Play Policy – Noarlunga Community Childrens Centres.

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## Aim

In the past 10 years the prevalence of childhood obesity has increased considerably and there is growing recognition of the need to establish positive attitudes to healthy lifestyle practices from an early age if this trend is to be reversed. Childcare centres provide ideal environments from which to develop these positive attitudes.

## Legislative Requirements

Children’s Services (Child Care Centre) Regulations 1998.

National Childcare Accreditation Council

## Who is affected by this policy?

Child, Staff, Families and Management.

## Implementation

Birth–12 months	<ul style="list-style-type: none"><li>• Infants' physical activity should promote the development of movement skills</li><li>• Infants should be placed in safe settings that facilitate physical activity and do not restrict movement for prolonged periods</li></ul>
Toddlers 12–36 months	<ul style="list-style-type: none"><li>• Toddlers should accumulate at least 30 minutes daily of structured physical activity</li><li>• Toddlers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping</li></ul>
Pre-schoolers 3–5 years	<ul style="list-style-type: none"><li>• Preschoolers should accumulate at least 60 minutes daily of structured physical activity</li><li>• Preschoolers should engage in at least 60 minutes and up to several hours per day of daily, unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping</li></ul>

- Children will be actively encouraged to accept and respect each other’s range of physical abilities.
- Staff will create strategies to promote active play and its benefits to children.
- Staff/carers consult with families and resource agencies on providing physical experiences that reflect diverse backgrounds and abilities.
- Children will be dressed appropriately to support engagement in active play.
- Staff will act as role models wearing appropriate footwear.

- The centre will provide safe and adequate space in both indoor and outdoor play areas for physically active play.
- Staff will engage children in physically active behaviours that are suitable for their developmental ability.
- Staff will plan for opportunities for children to be more physically active by providing space and activities that vary on a daily basis in children's play areas.
- Staff 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.

## **Sources**

**Children's Services (Child Care Centre) Regulations 1998.**

**Physical activity guidelines for birth to five year olds (National Association for Sport and Physical Education, 2006)**

## **Review**

The policy will be reviewed bi-annually.

The review will be conducted by

- Management, Employees, Families and Interested Parties.

**Reviewed: March 2011.**

**Date for next review: March 2013**