

Physical Activity and Small Screen Time

Quality Areas 2 Children’s Health and Safety

3 Physical Environment

National Quality Standards 2.2, 3.2

ECS National Regulations Part 4.3 Sections 107, 108, 113

Muswellbrook Pre School Kindergarten Inc.

**INTRODUCTION**

Muswellbrook Preschool Kindergarten Inc. recognises the importance of children being supported and encouraged to engage in active play, develop fundamental movement skills and limit small screen recreation time in line with current recommendations to achieve the overall health needs of children.

**Muswellbrook Pre School Kindergarten will implement this policy by:**

Procedures:

**Promote physical activity and skill development:**

* + Muswellbrook Preschool will aim to provide educator led play time and/ or child-initiated play for at least 25% of daily opening hours
  + Fundamental Movement Skills opportunities will be provided daily through group time, transitions or learning experiences. The exploration of fundamental movement skills will include educator demonstration of correct FMS technique and the provision of appropriate feedback in a fun and supportive manner.
  + Staff will be encouraged to role model active play and join children in their play
  + Staff will be encouraged to provide verbal prompts to provide children with encouragement and adopt a participatory approach, emphasising fun and participation rather than competition
  + Staff will ensure inclusive practices for participation in active play are utilised, including children from culturally and linguistically diverse backgrounds and those with additional needs

**Limit Small Screen Recreation and time children spend being sedentary**

* Muswellbrook Preschool will aim to minimise time children spend in small screen recreation during their time in care
* Staff will aim to limit time children spend being seated or inactive (other than during meal or nap time) during their time in care

**Ensure all staff members have appropriate knowledge and skills in the area of physical activity**

* Muswellbrook Preschool will support opportunities for regular physical activity education for primary contact staff
* New staff will be provided information on the physical activity policy as part of their orientation

**Provide a physical environment that promotes physical activity and skill development**

* Muswellbrook preschool will provide indoor and outdoor physical environments provide adequate space and resources to facilitate active play and allow children to practice fundamental movement skills, and create their own opportunities for active play
* Outdoor spaces provide opportunities for children to explore and experience the natural environment
* Safety procedures and risk management strategies will be followed when implementing physical activity

**Ensure communication with families regarding physical activity, skill development and limiting small screen recreation**

* Muswellbrook preschool will consult with the Management committee and inform parents and carers of physical activity practices and policies when undergoing development or review
* The physical activity and small screen time policy will be made available to families
* The preschool will communicate regularly with parents and provide information and advice on active play, fundamental movement skill development and limiting small screen recreation. For example newsletters, orientation days, information sessions and informal discussions

**Monitoring and review**

* Record and monitor children's physical activity progress as part of routine observations of children’s development. This will include time spent in active play, sedentary activities and progress with fundamental movement skills
* Report on physical activity and small screen goals and achievements in the services Quality Improvement Plan (QIP) where appropriate, annual reports or management committee meetings.

Reviewed on 15 June 2017

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| **Signed By** | **Name** | **Signature** | **Date** |
| **Committee** |  |  |  |
| **Nominated Supervisor** |  |  |  |

Due for Review June 2019