

ACTIVE PLAY *(Group Childcare School-Aged)*

WHAT IS ACTIVE PLAY?

“Active play is physical activity which includes moderate to vigorous bursts of high energy, raises the child’s heart rate and may make them “huff and puff” such as running or jumping.
“section (4) (1) (e) of the Community Care and Assisted Living Act.”

WHY IS ACTIVE PLAY IMPORTANT?

“Active play helps to promote healthy growth and development and supports body control and movement. Active play can help build strong bones and muscles, improve balance, coordination and assists with development of gross and fine motor skills. Active play also helps to promote children’s confidence, improves concentration and thinking and learning skills and provided opportunities to develop social skills and make friends.”

section (4) (1) (e) of the Community Care and Assisted Living Act.

At Cambridge Learning Centre, children in the aftercare program are required to have **60 minutes** of physical activity while in our care. This includes outside play involving running, jumping, climbing, bouncing or kicking a ball around using gross motors skills. When weather does not permit the children to be in the open playground, the undercover area can be used to kick the ball around, four square, hopscotch, skipping ropes, hula hoops etc. Some of these activities can be conducted in the gym (if available) in extreme weather conditions.

Physical activity games such as “duck-duck-goose”, “Simon says”, “follow the leader” can safely be played indoors; if surrounding areas are cleared and safe for the children to play. Small active games including jumping jack, squats, stretching and leaping can be played, if indoor space is cleared.

All staff must model active play and join the children in their activities while maintaining their safety at all times.

PLAY PRESCHOOL AGED CHILDREN

Children in Cambridge Learning Centre preschool program are required to be involved in a minimum of 20 minutes of active play. Children will participate in outdoor activities using their gross motors skills such as playing tag, kicking the ball around, balance beam activities and running games such as “What time is it Mr. Wolf?”.

If the weather does not permit the children to go outside, indoor activities should be conducted inside such as “Simon say, duck-duck-goose and follow the leader.



SCREEN TIME POLICY

WHAT IS SCREEN TIME?

Screen time can be described as the time spent viewing of TV/video, computer, electronic games, hand-held devices or other visual devices.

CHILDREN AGED 5-12 YEARS OLD *(GROUP CHILD CARE SCHOOL-AGED)*

Screen time is not permitted in the Cambridge Learning Centre Before and Afterschool care program on regular school days.

Screen time is limited to 30-minutes total in the day if the children are in care for Pro-D days, Spring, Summer and Winter break. Screen time is not to exceed 30 minutes per day.

This includes computers, movies, video games, tablets, smart phones, active video games, etc. Other sources of screen time activities include: iPods, iPads, iTouch and tablets and E-readers.

If need, one hour of educational screen time will be permitted per week, age appropriate screen time.

Televisions or movies playing as background noise will not be permitted as well during snack or lunch time.

Screen time will not be offered as a reward.

PRESCHOOL AGED CHILDREN *(2.5 -5 YEARS OLD)*

There will be no screen time permitted for this age group in children enrolled in the preschool program.

