

Physical Activity Policy (for Child Care)

As a commitment to your child's good health, we follow these guidelines for active play.

Schedule plenty of time to play

- Young children will be taken outside at least twice a day with lots of time for active free play.
- In addition, toddlers will be provided with **at least 30 min of structured (adult led) of moderate to vigorous physical activity** and preschoolers will be provided with **at least 60 min of structured (adult led) of moderate to vigorous physical activity through out the day.**

We will provide safe indoor and outdoor areas. Activities will be fun, *active* and developmentally/age-appropriate, giving children opportunities to develop important movement skills*.

We plan time for play outside!

Outdoor play is more 'active' and is essential to maintaining good health. We will develop a variety of activities for non-competitive games for outdoors. We support outdoor play in almost all weather conditions, except when it rains or we have extremes of heat or cold. Families will be encouraged to dress children appropriately for outdoor play, including closed toe shoes and coats or sweaters if needed.

Adults act as role models

Adults participate in structured physical activity. We play along and act as teachers, coaches and cheerleaders. We are happy to share information on activities children can do at home. Too busy? Remember 10-minute play intervals 3 times a day are just as beneficial as a 30-minute block.

Also...

- We will not take away playtime as a form of punishment.
- We promise that children will not spend much time sitting and watching television, computers or video games. Children under two will have no "screen time" (television, computers and/or video games) per day. Children older than to 2 years of age will have no more than 1 hour of "screen time" during child care hours per day.
- We will decrease time in restrictive devices, such as swings, infant seats and high chairs...and incorporate tummy time into our day.
- Physical activity is an important part of physical and learning development. We will incorporate movement into lessons involving reading, math and science.
- Children will not be sedentary for more than 15 min per hour during the day
- We want to partner with parents in assuring a healthy experience for children all day long. This means that we suggest that parents work with us to encourage active outdoor play and limited screen time, even when not in the child care setting.

* For toddlers, basic movement skills such as running, jumping, throwing and kicking are influenced by their environment and play experience. For instance, a child who does not have access to stairs may become delayed in stair climbing, and a child who is discouraged from bouncing and chasing balls may lag in hand-eye coordination.¹