

ABC Child Care Physical Activity Policy

Extended Day recognizes the importance of physical activity for young children. Implementation of appropriate physical activity practices supports the health and development of children in care, as well as assisting in establishing positive lifestyle habits for the future.

Physical Activity in Child Care

The purpose of this policy is to ensure that children in care are supported and encouraged to engage in active play, develop fundamental movement skills and to have limited screen time. Our center encourages all children to participate in a variety of daily physical activity opportunities that are appropriate for their age, that are fun and that offer variety. In order to promote physical activity and provide all children with numerous opportunities for physical activity throughout the day Extended Day will:

Daily Outdoor Play

- Provide school age children with at least 30 minutes of daily outdoor play opportunities across 2 or 3 separate occasions.
- Increase indoor active play time so the total amount of active play remains the same, if weather limits outdoor time.
- Provide a variety of play materials (both indoors and outdoors) that promote physical activity.

Role of Staff in Physical Activity

- Will encourage children to be physically active indoors and outdoors at appropriate times.
- Will provide 5-10 minutes of planned physical activities at least 2 times daily for children age 3 and older.

Physical Activity and Punishment

Staff members do not withhold opportunities for physical activity (e.g., not being permitted to play with the rest of the class or being kept from play time), except when a child's behavior is dangerous to himself or others. Staff members never use physical activity or exercise as a punishment, e.g., doing push-ups or running laps. Play time or other opportunities for physical activity are never withheld to enforce the completion of learning activities or academic work.

Our center uses appropriate alternative strategies as consequences for negative or undesirable behaviors.

Appropriate Dress for Physical Activity

We at Extended Day have a "Ready to Play" Policy! Please bring your child ready to play and have fun each day. Your child will participate in both indoor and outdoor play. Therefore, play clothes and shoes which can get dirty and allow for free and safe movement are most appropriate. We expect parents to provide children with appropriate clothing for safe and active outdoor play during all seasons. Students should have names in any clothing they may take off-coats, sweaters, sweat shirts, etc. Please provide appropriate foot wear for your child. Sneakers or tennis shoes are best to wear daily.

It is our expectation that children will go outside EVERYDAY! If you feel your child is too sick to go outside then he/she is too sick to be at our child care program. We request that you keep him/her at home until they are well enough to go outside.

Professional Development

Annual training on promotion of children's movement and physical activity is required for all staff.

My signature below indicated that I have received a copy of the physical activity policy, it has been reviewed with me, and I read and understand this policy.

Signature _____ Date _____

Please circle as appropriate: STAFF PARENT

If parent, Name of Child _____