

PHYSICAL ACTIVITY PROMOTION POLICY

Contents

| | | |
|---|--------------------------------------|---|
| 1 | NQS..... | 2 |
| 2 | EYLF..... | 2 |
| 3 | Aims and Rationale..... | 2 |
| 4 | Related Policies..... | 2 |
| 5 | Who is affected by this Policy?..... | 2 |
| 6 | Implementation..... | 2 |
| 7 | Sources..... | 4 |
| 8 | Review..... | 5 |
| 9 | Version Control Table..... | 5 |

1 NQS

| | | |
|-----|-------|---|
| QA2 | 2.1.3 | Healthy eating and physical activity are promoted and appropriate for each child. |
|-----|-------|---|

2 EYLF

| | |
|-----|---|
| LO3 | Children become strong in their social and emotional wellbeing |
| | Children take increasing responsibility for their own health and physical wellbeing |

3 Aims and Rationale

To provide children with appropriate physically activity within our program that aligns with current research.

To support educators and families to understand the importance of physical activity and the impact that it has on health and wellbeing.

All babies and young children benefit from a mix of physical activity, inactivity and sleep in each 24-hour period. Physical activity for young children mainly happens through unstructured, active play.

Young children love moving around and exploring their world. The more active they are, the better, as it helps:

- *achieve and maintain a healthy weight*
- *build strong bones and muscles*
- *improve balance, movement and coordination skills*
- *promote mental, emotional and social wellbeing*
- *promote better learning and thinking*
- *reduce injuries*

(Source: Australian Federal Government Department of Health, 24 hour movement guidelines)

4 Related Policies

Inclusion Policy (CHI-ADM-POL-003)

Physical Environment Policy (CHI-ADM-POL-046)

Relationships with Children Policy (CHI-ADM-POL-050)

5 Who is affected by this Policy?

The Kids' Uni Policies and Procedures apply to Kids' Uni North, Kids' Uni South, Kids Uni CBD, Kids Uni iC.

6 Implementation

- 6.1 Educators will be guided by the *Get Up and Grow* and the *Munch and Move* programs when planning physical activity for children within the program.
- 6.2 Educators will reflect on the *Australian Federal Government Department of Health, 24 hour movement guidelines* to ensure that we are offering appropriate sedentary experiences and physical activity throughout the day.
- 6.3 Each service will nominate at least one staff member who will be a champion for physical activity in their service, this will include sharing resources and supporting program development in this area.

- 6.4 Educators will encourage children’s active involvement in planned and spontaneous physical activities each day. In line with this, our service will implement promotion of physical activity as per the age and development stage of each child in attendance (*in accordance with Table 1.1 below*)
- 6.5 Educators will;
- i. Encourage and support children to undertake and participate in new or unfamiliar physical activities to challenge them and extend their development. Children will learn to use increasingly complex motor skills and movement patterns in order to combine gross and fine movement and balance skills, spatial awareness and problem-solving skills.
 - ii. Participate in physical activity with the children and role model enjoyment of physical activity.
 - iii. Set up and plan for physical play activities and equipment and, where appropriate, encourage the children to help with the set-up.
 - iv. Listen to children’s suggestions on what physical activities they would like to participate in and where appropriate incorporate them into the program
 - v. Set up indoor and outdoor areas in a manner that promotes and encourages safe physical play for all age groups and developmental abilities represented in the centre.
 - vi. Actively encourage children to accept and respect each other’s range of physical abilities.
 - vii. Consult with families and resource agencies on providing physical experiences that reflect diverse backgrounds and abilities.
 - viii. Ensure a balance of active and sedentary activities throughout each child’s day in line with the ‘Get Up and Grow’ recommendations above.
 - ix. Support the development of a positive mindset around physical activity by talking with children about how the human body works and how important physical activity is for an individual’s health and wellbeing.
 - x. Support children’s physical development by providing experiences for children that draw on a range of physical movement including elements of dance, dramatic play and creative movement.
 - xi. For 2-5 year olds - support children’s physical development by explicit teaching of fundamental movement skills (such as locomotor skills, balance, ball skills).
 - xii. For infants – support children’s physical development by providing babies with encouragement and safe areas to practice rolling over, sitting, crawling, standing and walking.

Table 1.1 – Recommendations Summary for Birth to Five years

| | Birth – 1 year | 1-2 years | 2-3 years | 3-5 year |
|---|---|---|---|---|
| Physical activity Recommendations | Physical activity should be encouraged from birth | Should be physically active every day for at least 3 hours, spread throughout the day | Should be physically active every day for at least 3 hours, spread throughout the day | Should be physically active every day for at least 3 hours, spread throughout the day |
| Sedentary recommendation (Screen-time) | Should not spend any time watching TV or | Should not spend any time watching TV or | Sitting and watching television and the use of other electronic media should limited | Sitting and watching television and the use of other electronic media should limited |

| | using other electronic media | using other electronic media | to less than 1 hour per day | to less than 1 hour per day |
|--|--|---|---|--|
| Sedentary recommendation (Prolonged inactivity) | Should not be sedentary or kept inactive for more than 1 hour at a time. | Should not be sedentary or kept inactive for more than 1 hour at a time. | Should not be sedentary or kept inactive for more than 1 hour at a time. | Should not be sedentary or kept inactive for more than 1 hour at a time. |
| Suggested movement activities | Supervised interactive floor-based play – the more the better. At least 30 minutes of tummy time over the course of the day while awake, including moving their arms and legs Reaching and grasping for objects. Crawling – you can create easy obstacle courses for babies to navigate Pulling up to a standing position and moving while holding onto things Walking – in some cases. | Running – playing tip, ball games or races Twirling and jumping eg - by creating fun obstacle courses Dancing | Running – playing tip, ball games or races Kicking, passing and jumping Dancing Skipping Balance boards | Running – playing tip, ball games or races Kicking, passing and jumping Dancing Skipping Balance and hopping |

(Sources: Australian Federal Government Department of Health, 24 hour movement guidelines and Get Up and Grow – Director Book – Commonwealth of Australia)

7 Sources

Education and Care Services National Regulations 2011
National Quality Standard
Munch and Move
Early Years Learning Framework 2009

Australian Federal Government Department of Health, 24 hour movement guidelines
<http://www.health.gov.au/internet/main/publishing.nsf/content/npra-0-5yrs-brochure>

Get Up and Grow – Director Book – Commonwealth of Australia
<https://www.health.gov.au/sites/default/files/documents/2020/10/director-coordinator-book-get-up-and-grow-director-coordinator-book.pdf>

8 Review

This policy will be reviewed every 3 years and the review will include Management, Employees, Families and Interested Parties.

9 Version Control Table

| Version Control | Date Released | Next Review | Approved By | Amendment |
|-----------------|---------------|-------------|--|--|
| 1 | Feb 2012 | Feb 2013 | Michele Fowler Manager – Kids Uni | |
| 2 | Feb 2013 | Feb 2014 | Michele Fowler Manager – Kids Uni | Paragraph inserted re application of policies across all centres. Migrated into new QA format. |
| 3 | Feb 2014 | Jun 2017 | Michele Fowler Manager – Kids Uni | Policy reviewed to reflect Munch and move. The review period changed to 3 years. |
| 4 | Jul 2018 | Jul 2021 | K.Grose – Children’s Services Manager | Updated NQS references. Included reference to 24 hour movement guidelines |
| 5 | Nov, 2019 | Jul 2021 | Nicole Bray – Director Kids Uni iC | Updated to reflect name changes to Kids Uni iC |
| 6 | Oct, 2022 | Oct, 2025 | K.Grose – Children’s Services Manager | Removed repetitive information Added rationale quotes from Department of Health, 24 hour movement guidelines around importance of physical activity and impact on health Added reference to Get Up and Grow program and resources Added Table 1 – to outline recommendations Added the need for explicit teaching of fundamental movement skills |