Hills Grammar

Physical Activity and Screen Time Procedure

Statement

The ECEC recognises the importance of physical activity and Fundamental Movement Skills (FMS) for young children. Educators are committed to the development of these skills as part of our daily program through a range of planned and spontaneous physically active play experiences, as well as through everyday physical tasks.

Rationale

Educators at ECEC aim to:

- Promote children's participation in a range of physically active learning experiences.
- Provide a positive physically active environment which reflects cultural and family values.
- Promote lifelong enjoyment of physical activity.
- Limit time spent engaging in small screen recreation.
- Encourage communication with families about physical activity, gross motor skills development, Fundamental Movement Skills development and limiting small screen recreation.

Strategies

Educators will promote children's participation in a range of safe physically active learning experiences by:

- Providing the opportunity for children to be active every day through a balance of planned and spontaneous physically active learning experiences, in the indoor and outdoor environments.
- Liaising with the PE Staff to plan the experiences for children.
- Fostering the development of a range of FMS - including running, galloping, hopping, jumping, leaping, side-sliding, throwing, catching, striking, kicking, underarm rolling and stationary dribbling.
- Ensuring physically active experiences are play based, varied, creative, and developmentally appropriate and cater to a range of abilities and interests.
- Providing the space, time and resources for children to revisit and practice movement skills and engage in active play.
- Involving children in the planning of physically active experiences.
- Encouraging children and educators to drink water before, during and after physically active experiences.
- Support and provide opportunities for children to be engaged in high energy, physical activity for a minimum of 1 hour across the day at ECEC.
- Providing opportunities for educators to undertake regular professional development to maintain and enhance their knowledge about early childhood physical activity.

Educators will promote lifelong enjoyment of physical activity by:

- Offering a range of physically active learning experiences.
- Actively role model appropriate physical activity behaviours to children.
- Encouraging children to be as active as possible during active play times.
- Encouraging all children to participate in physically active learning experiences to the best of their ability.
- Assisting children to develop daily habits, understandings and skills that support health and wellbeing

In relation to screen time, educators will:

- Communicate the importance of physical activity and for children to be actively to families.
- Role model appropriate screen behaviours to children.
- Use the Interactive Whiteboards in each room as an educational tool for children and educators.
- Limit the time children use the Interactive Whiteboard during the day.
- Use screen time for educational purposes or during times in the day such rest time where meditation or relaxing music supports the day rather than using screen time as a reward or to manage behaviours.
- Provide families to research based evidence of the importance pf physical activity and minimising screen use.

Statutory Legislation and Considerations

Education and Care Services National Law Act 2010

Education and Care Services National Regulations

Guide to the National Quality Standard ACECQA

Sources

Community Early Learning Australia www.cela.org.au

Australian Children's Education and Care Quality Authority (ACECQA) www.acecqa.gov.au

Australian Childcare Alliance www.childcarealliance.org.au

Staying Healthy in Childcare 6th Edition

Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years) - http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines#npa050

Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

NSW Health Munch & Move program - www.healthykids.nsw.gov.au

Review

This policy is reviewed by management, employees and families as required or when legislative requirements change.

Families and staff are essential stakeholders in the policy review and will be given opportunity and encouragement to be actively involved.