



## PHYSICAL ACTIVITY POLICY

### AIM:

The preschool seeks to promote children's physical activity and develop their gross motor and fundamental movement skills through a range of planned and spontaneous play experiences and tasks, as well promote the physical activity with families.

### PROCEDURE:

The staff will:-

- Provide a balance of planned and spontaneous physical learning experiences in the indoor and outdoor environment.
- Plan daily Fundamental Movement skill experiences to support each child's physical development, including a warm up, games and a cool down.
- Where practical, involve the children in the planning of physical experiences.
- Provide the space, time, and resources for the children to revisit and practice movement skills and engage in active play.
- Encourage children to drink water during the day, especially before, during and after physical activities and lunch and snack time.
- Undertake regular professional development to enhance their knowledge of physical activity.
- Offer inclusive physical activity opportunities which cater for children from culturally and linguistically diverse backgrounds and for children with additional needs.
- Encourage children to be accepting of the different physical skills and abilities of other children.
- Role model for the children appropriate physical activity behaviours and enjoyment of being physically active.
- Provide information and communicate with families about the importance of physical activities
- Invite and engage families and the community to participate in promoting physical activity with the children
- Have minimal screen time at the preschool. Screen will be used mostly to research or view children's visual news.
- Revise our physical activity program with the staff annually, with the NQS review.