



## TROTT PARK KINDERGARTEN

### ACTIVE PLAY POLICY

**Rationale:** Children's early years are a critical time for physical, social, emotional, spiritual & intellectual development. It is also a time when physical activity habits and attitudes can be significantly influenced. (Preschool provides a unique opportunity to encourage children to participate in enjoyable active play in a stimulating, supportive & pleasant environment. Research has shown that one of the best single predictors of regular physical activity patterns in children is adult involvement & support. Early childhood staff can be positive physically active role models, encouraging & nurturing regular participation in physically active play in children from this young age. [Adapted from: 'Physical activity and nutrition outside school hours: Physical activity and nutrition policies'. (2004). Queensland Health]

**Policy aim:** Our Kindergarten believes in the importance of physically active play for children. We aim to provide all children with appropriate, frequent & varied active play opportunities in a safe, supportive environment. Active play experiences we provide will focus on enjoyment, participation & encouragement of positive active play habits, in addition to learning through, with & about active play.

This aim is in line with the Early Years National Framework - Outcome 3: Children have a strong sense of wellbeing: Children take increasing responsibility for their own health and physical wellbeing.

#### **The curriculum:**

- Active play opportunities (indoors, outdoors, structured & free) are part of the routine & available in every session
- Physically active play is integrated as an important part of the play curriculum/program
- Children's varying levels of physical ability, their gender, their cultural needs, their age and their individual needs are catered for when planning physical activities
- Curriculum planning & programming for active play is the co-responsibility of children, staff & families
- All children who attend on Tuesdays access Kindergym for 3 terms (term 1, 3 and 4 in 8 week blocks). All children participate in our kindy gross motor program.
- **Participation & support:**
- Children's enjoyment of active play is encouraged through a broad range of activities including games, walks in the community, movement exploration, obstacle courses and dance.
- Educators facilitate and encourage children to develop a range of physical competencies
- Educators recognise the importance of modeling a positive attitude and participation in active play.
- All active play activities are appropriately supervised by Educators
- All active play opportunities are developmentally appropriate.
- Relaxation techniques are also taught in our curriculum as the children engage in relaxation for 5 to 10 minutes daily.

Ratified by the Governing Council Chairperson and Director

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