

Physical Activity and Screen Time Policy

Kangaroo Valley Preschool Inc recognises the importance of physical activity for the growth and development of young children and is committed to providing an environment which promotes physical activity.

Kangaroo Valley Preschool Inc seeks to promote children's physical activity by supporting the development of their gross motor skills and fostering the emergence of their fundamental movement skills through a range of intentionally planned and spontaneous active play learning experiences. Our service also supports limiting the amount of time children spend engaging in screen time and sedentary behaviour for recreational purposes.

Further, Kangaroo Valley Preschool Inc recognises the importance of supporting parents and families to promote children's physical activity through positive, respectful and reciprocal relationships.

This policy aims to:

- Promote children's participation in a range of safe active play learning experiences.
- Provide a positive active play environment which reflects cultural and family values.
- Promote lifelong learning and enjoyment of physical activity.
- Limit time spent engaging in screen time (television, DVDs computer and other electronics) and sedentary behaviours whilst at the service.
- Encourage communication with families about physical activity, gross motor and fundamental movement skills development and limiting screen time and sedentary behaviour.

Promote children's participant in a range of active play learning experiences

Kangaroo Valley Preschool will:

- Provide opportunities for children to be active every day through a balance of planned and spontaneous active play experiences (including everyday physical tasks), in the indoor and outdoor environments.
- Plan daily intentional Fundamental Movement Skills (FMS) experiences to support children's physical activity and their FMS development.
- Foster the development of a range of FMS - including running, galloping, hopping, jumping, leaping, side-sliding, skipping, overarm throwing, catching, striking a stationary ball, kicking, underarm throwing and stationary dribbling.
- Ensure active play experiences are play based, varied, creative, developmentally appropriate and cater to the abilities and interests of each individual child.
- Support educators to provide active play experiences that encourage children to explore, challenge, extend and test their limits.
- Ensure all active play experiences are safe by providing an appropriate environment - ensuring all equipment is developmentally appropriate and well maintained and supervision is constant.
- Encourage children's participation in physical activity of varying intensity (eg. lighter through to vigorous activity).
- Provide space, time and resources for children to revisit and practice FMS and engage in active play.
- Encourage educators to provide opportunities for learning about the importance and benefits of being physically active, and involve children in the planning of active play experiences.
- Encourage educators to actively role model to children appropriate physical activity behaviours.
- Encourage children and educators to consume water before, during and after active play experiences.
- Provide opportunities for physical activity during excursions (eg. walking excursions promoting physical activity and safe active travel).
- Provide opportunities for educators to undertake regular professional development to maintain and enhance their knowledge about early childhood physical activity.

Provide a positive active play environment which reflects cultural and family values

Kangaroo Valley Preschool will:

- Positively encourage children to participate in a range of active play experiences.
- Provide children with ongoing encouragement and positive reinforcement.
- Provide positive instruction, role modelling of the correct FMS and constructive feedback to children to assist them in developing and refining their FMS.
- Plan active play experiences that are inclusive of and reflect the diverse cultural backgrounds of our educators, families and community.
- Work in collaboration with families and other professionals to provide active play experiences that are inclusive of all children including those with additional needs.
- Promote physical activity for everyone to participate in a fun experience and not for competition.
- Invite and engage families and the wider community to participate in promoting physical activity with the children.
- Encourage children and families to choose active travel options to and from the service and provide safe storage of active travel equipment while children are in care at the service.
- Encourage children to be understanding and accepting of the different physical skills and abilities of other children.
- Provide families with information and ideas on incorporating physical activity at home, including sharing information about community events that promote children's wellbeing through physical activity.

Promote lifelong learning and enjoyment of physical activity

Kangaroo Valley Preschool will:

- Provide opportunities and encourage all educators to engage in professional development topics related to promoting physical activity and limiting screen time for example *Munch & Move* training.
- Offer a range of active play learning experiences.
- Encourage children to be as active as possible during daily active play times.

- Encourage all children to participate in active play experiences to the best of their ability.
- Provide opportunities for children to engage in discovery learning about the importance of being physically active and reducing screen time as part of their learning experiences.
- Assist children to develop daily habits, understanding and skills that support health and wellbeing.
- Ensure any fundraising promotes healthy or active lifestyles and advocates for children's wellbeing.

Limit time spent engaging in screen time (television, DVDs computer and other electronics) and sedentary behaviours whilst at the service

Kangaroo Valley Preschool will:

- Limit the amount of time spent on screens.
- Endeavour to limit experiences involving screen use to those which have an educational component – including movement.
- Discuss with children the role of screen time in their lives and support them in making healthy choices about their use of screen time for both education and recreation.
- Encourage educators to model appropriate screen behaviours to the children.
- Encourage the promotion of productive sedentary experiences for rest and relaxation.
- Ensure that an appropriate balance between inactive and active time is maintained each day.
- Under no circumstances is the screen to be used as a reward or to manage challenging behaviours.

Encourage communication with families about physical activity, gross motor and fundamental movement skills development and limiting screen time and sedentary behaviours.

Kangaroo Valley Preschool will:

- Provide a copy of the *Physical Activity and Screen Time Policy* to all families during orientation to the service.

Issued By:
Committee Chair Brad Hawthorne
Kangaroo Valley Preschool Committee

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- Request that any details of children's additional needs in relation to physical activity participation be provided to the service.
- Encourage families to share with the service links between cultural backgrounds and physical activity.
- Communicate regularly with families and provide information, support and advice on physical activity, gross motor and fundamental movement skills development, everyday physical tasks, active transport and limiting screen time and sedentary behaviour. This information may be provided to families in a variety of ways including factsheets, newsletters, noticeboards, during orientation, information sessions and informal discussion.

References:

Education and Care Services National Regulations 2011

Munch & Move Resources www.healthykids.nsw.gov.au

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

SunSmart NSW – www.sunsmartnsw.com.au

Kidsafe – www.kidsafe.com.au

NSW Health:

www.health.gov.au

www.eatforhealth.gov.au

This policy was written in consultation with Megan Powell – Health Promotion Officer, Munch and Move program.