



**Policy Name: Physical Activity and Small Screen Recreation Policy**

**Links to National Quality Framework:**

**Children (Education and Care Services National Law Application) Act 2010 No 104  
New South Wales –**

**Education and Care Services National Regulations:**

**National Quality Standard for Early Childhood Education and Care and School Age  
Care:**

**The Early Years Learning Framework for Australia: Belonging, Being & Becoming**

**Policy Statement**

Rainbow Preschool recognises the following important functions of physical activity for young children:

- Promotes healthy growth and development;
- Builds strong bones and muscles;
- Improves balance, coordination, flexibility, posture and strength;
- Assists with the development of gross motor and fine motor skills;
- Provides the opportunity to develop fundamental movement skills;
- Improves concentration and thinking skills;
- Improves confidence and self-esteem;
- Relieves stress and promotes relaxation;
- Provides opportunities to develop social skills and make friends;
- Helps to achieve and maintain a healthy weight.

This policy seeks to promote children's physical activity and the development of their gross motor and fundamental movement skills through a range of planned and spontaneous physically active play experiences, as well as through everyday physical tasks.

Rainbow Preschool also seeks to limit the amount of time children spend engaging in sedentary small screen recreation and sedentary behaviour.

Further, Rainbow Preschool recognises the importance of supporting families to promote their children's physical activity, and their gross motor and fundamental movement skills development, and to limit their children's small screen recreation and sedentary behaviour. The service is committed to implementing the key physical activity messages within Munch



and Move and supporting the National Physical Activity Recommendations for Children Birth to 5 years<sup>1</sup>:

**This policy aims to:**

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

**Promote children's participation in a range of safe physically active learning experiences.**

Note: Physically active learning experiences include planned play (eg, action games/songs, intentional teaching experiences), spontaneous 'free' play (eg, child initiated, active play in the playground, dancing to music) intentional teaching experiences and everyday physical tasks (eg helping with gardening, setting up experiences, tidying up spaces).

**Rainbow Preschool will:**

- Provide the opportunity for children to be active every day through a balance of planned and spontaneous physically active learning 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. This includes the planning of FMS experiences for older toddlers and preschools that consists of a warm-up, FMS game and a cool-down.
- Foster the development of a range of FMS - including running, galloping, hopping, jumping, leaping, side-sliding, throwing, catching, striking, kicking, underarm rolling and stationary dribbling.
- Ensure physically active experiences are play based, varied, creative, developmentally appropriate and cater to a range of abilities and interests.
- Ensure all physically active experiences are safe by providing an appropriate environment - ensuring all equipment is developmentally appropriate and well maintained and supervision is constant.

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<sup>1</sup> These recommendations were developed in 2009 by child health and early childhood professionals in collaboration with the Australian Government Department of Health and Ageing. The Recommendations are listed in the *Get Up & Grow* resources and in the *Munch and Move* Resource Manual.



- Aim for preschoolers (3 to 5 years of age) to be physically active every day for at least two hours while at preschool, spread throughout the day.
- Provide the space, time and resources for children to revisit and practice movement skills and engage in active play.
- Use physical care times and transitions as opportunities for physical activity.
- Where practical, educators will involve children in the planning of physically active experiences.
- Encourage children and educators to drink water before, during and after physically active experiences.
- Provide opportunities for educators to undertake regular professional development to maintain and enhance their knowledge about early childhood physical activity.

**Provide a positive physically active environment which reflects cultural and family values.**

**Rainbow Preschool will:**

- Plan a caring and positive play environment with involvement from children, families and educators.
- Encourage children to participate in a range of active play and physically active experiences of varying intensity (eg. lighter through to vigorous activity).
- Encourage children to be as active as possible during daily active play times.
- Provide instruction, constructive feedback and positive reinforcement to children to assist them in developing and refining their FMS.
- Offer inclusive physical activity opportunities which cater for children from culturally and linguistically diverse backgrounds and for those children with additional needs.
- Adopt a participatory approach to physically active experiences offered to children and emphasise fun and participation rather than competition.
- Encourage children to be accepting of the different physical skills and abilities of other children.
- Encourage educators to actively role model to children appropriate physical activity behaviours and enjoyment of being physically active.

**Limit time children spend engaging in small screen recreation (television, DVDs, computer and other electronic games) and sedentary behaviour whilst at the service.**

**Rainbow Preschool will:**

- Limit the amount of time children 2 to 5 years of age spend sitting and watching television and using electronic media (DVDs, computer and other electronic games) to less than 30 minutes per day at the service if at all.
- Ensure that preschoolers are not sedentary, restrained, or kept inactive, for more than one hour at a time, with the exception of sleeping.
- Limit experiences involving small screen use to those which have an educational component, including movement.



- Discuss with preschool aged children the role of small screen time in their lives and support them in making healthy choices about their use of small screen recreation for both education and recreation.
- Encourage educators to model appropriate small screen behaviours to the children.
- In accordance with the national recommendations, monitor all sedentary behaviours that children may be engaging in at the service and encourage the promotion of physical activity as necessary.

**Encourage communication with families about physical activity, gross motor skills development, fundamental movement skills development and limiting small screen recreation and sedentary behaviour.**

**Rainbow Preschool will:**

- Provide a copy of the Physical Activity and Small Screen Recreation Policy to all families during orientation to the service. Families will be provided with opportunities to contribute to the review and development of the policy.
- 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.
- Invite and engage families and the wider community to participate in promoting physical activity with the children.
- Communicate regularly with families and provide information, support and advice on physical activity, gross motor skills development, FMS development, everyday physical tasks, active transport and limiting small screen recreation and sedentary behaviour. This information may be provided to families in a variety of ways including newsletters, noticeboards, during orientation, information sessions and informal discussion.

**Further Sources:**

**Policy Created Date: June 2013**

**Policy Review Date: June 2015**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_