



Nature Alliance Family Day Care Service

Physical Activity



POLICIES IN THIS SECTION AS REQUIRED BY:

Education and Care Services National Regulations 2012

4.3 Physical Environment, 4.5 (155) Interactions with Children, 4.5 (156) Relationships in groups

PURPOSE

To promote children's participation in a range of safe practice learning experiences.

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

Promote lifelong learning and enjoyment of physical activity.

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

Nature Alliance aims to support Family Day Care Educators to respond to the children's needs for physical activity by offering an environment that provides open-ended, dynamic, stimulating and challenging learning opportunities.

POLICY

Nature Alliance Family Day Care Service are committed to ensuring that each child's health and physical activity is supported and promoted.

For children to learn effectively and provide for lifelong skills, it is important for them to experience physically challenging situations.

SCOPE

This policy applies to Family Day Care Educators and Family Day Care Educator Assistants.

PROCEDURES

1. Family Day Care Educators and Family Day Care Educator Assistants will allow children to experience challenging situations in their physical environment that is managed effectively to minimize negative outcomes, not eliminate risk.
2. Family Day Care Educators and Family Day Care Assistants will use positive language to support and encourage children to engage in physical activity and to ensure all experiences are inclusive and promote competence and exploration.
3. Family Day Care Educators and Family Day Care Assistants will provide a challenging and adventurous learning environment that supports children's curiosity, adventure and motivation.
4. Family Day Care Educators and Family Day Care Assistants will always ensure 'active' supervision.
5. Family Day Care Educators will mentor and support families' knowledge about the benefits of providing children with adventurous play experiences.

Family Day Care Educators and Family Day Care Educator Assistants will continue to meet their legal obligations and responsibilities as documented in the NQS and National Law.

Linking policies

NA-POL-001.7 Child Safety

Linking documents:

NA-FRM-0018B Specific Risk Assessment.

Source:

<https://www.acecqa.gov.au/assessment/exceeding-nqs/qa2/standard-21-health-case-study-1>

Kidsafe

www.kidsafe.com.au

Get Up and Grow: Healthy Eating and Physical Activity Guidelines for Early Childhood Settings

[http://www.health.gov.au/internetmain/publishing.nsf/Content/C3F6FD13AD815454CA25762C000B5755/\\$File/gug-cooking-for-children-intro.pdf](http://www.health.gov.au/internetmain/publishing.nsf/Content/C3F6FD13AD815454CA25762C000B5755/$File/gug-cooking-for-children-intro.pdf)