
ARANDA AFTERS ASSOCIATION INCORPORATED



PHYSICAL ACTIVITY PROMOTION POLICY

| Implemented | Updated/Reviewed | Next Review Due By |
|-------------|------------------|--------------------|
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1 REFERENCES

NATIONAL QUALITY STANDARDS

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| 2.2.2 | Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child. |
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MY TIME, OUR PLACE

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| LO 3 | Children become strong in their social and emotional wellbeing |
| | Children take increasing responsibility for their own health and physical wellbeing |

2 AIM

To provide children with a physically active program that is developmentally appropriate for their age and stage of development.

3 IMPLEMENTATION

3.1 Aranda Afters will implement the *Active Kids are Healthy Kids* recommendations for 5 – 12 year olds. The recommendations are in the *Active Kids are Healthy Kids Brochure* which can be found at the following web address:

http://www.walk.com.au/pdfs/DOHA_205465_ParentsCarers.pdf

In line with this, our service will implement and encourage the following recommendations for physical activity for each child in attendance:

- A combination of moderate and vigorous activities will be offered to children for at least 60 minutes a day.
- Examples of moderate activities are any sort of active play.
- More vigorous activities will make children “huff and puff” and include organised sports such as team sports and games. Children typically accumulate activity in intermittent bursts ranging from a few seconds to several minutes, so any sort of active play will usually include some vigorous activity.
- Most importantly, children need the opportunity to participate in a variety of activities that are fun and suit their interests, skills and abilities. Variety will also offer the child a range of health benefits, experiences and challenges.
- Children who are just starting to get active should begin with a moderate level of activity (eg: example 30 minutes per day) and steadily increase their level of participation.

- Children shouldn't spend more than two hours a day using electronic media for entertainment (eg computer games, TV, internet), particularly during daylight hours.

3.2 Educators Will:

- Encourage children to participate in physical activities through programming and spontaneous experiences.
- Encourage and support children to undertake and participate in new or unfamiliar physical activities.
- Participate in physical activity with the children.
- Show enthusiasm for participation in physical activity and organise play spaces to ensure the safety and well-being of all individuals in the environment.
- Set up and plan for physical play activities and equipment and where appropriate encourage the children to help with the set-up.
- Listen to children's suggestions on what physical activities they would like to participate in and where appropriate incorporate them into the program
- Set up indoor and outdoor areas in a manner that promotes and encourages safe physical play for all ages and abilities represented at the service.
- Actively encourage children to accept and respect each other's range of physical abilities.
- Consult with families and resource agencies on providing physical experiences that reflect diverse backgrounds and abilities.
- Role model appropriate footwear and clothing for physical activity.
- Ensure a balance of active and sedentary activities throughout the child's day and minimise sedentary behaviours unless the child is tired or ill.

3.3 The service will support the children in the development of their physical skill set by:

- Providing regular opportunities for outdoor play.
- Talking with children about how the human body and how important physical activity is for an individual's health and wellbeing.
- Providing experiences for the children that draw on elements of dance, dramatic play and creative movement.

4 SOURCES

- Education and Care Services National Regulations 2011
- National Quality Standard
- Active Kids are Healthy Kids: Department of Health and Ageing
- My Time, Our Place Framework for School Age Care