

Exploring the Puddle

Early Learning Centre

Policy 34.0

ACTIVE PLAY

While attending the centre, your child will be involved in indoor and outdoor active play every day.

What is ACTIVE PLAY? Active play is physical activity which includes moderate to vigorous bursts of high energy, raises children's heart rate and may make them 'huff and puff' such as running or jumping. For an infant or toddler, active play may include reaching out for a toy, rolling over, balancing in a sitting position and crawling/walking.

Procedure:

1. Children in daycare programs will be involved in active play and physical movement throughout daily routines and activities for at least 120 minutes per day.
 - a. A minimum of 60 minutes per day will occur outside
2. Children in preschool programs will be involved in active play and physical movement throughout daily routines and activities for at least 40 minutes per day.
 - a. A minimum of 30 minutes per day will occur outside
3. Activities and physical movement will be encouraged in fun and inventive ways to ensure all children are engaging. Structured games and unstructured play will be involved. Staff will play along with children to model physical movement.
 - a. Play and movement will include but not limited to:
 - i. Climbing
 - ii. Running
 - iii. Jumping
 - iv. Crawling
 - v. Stretching and yoga
4. Water and healthy eating will be encouraged to provide ample energy for active play and physical movement.
5. Computers, TVs, Cellphones and other screens are not used at our centre