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# Giralang Preschool Unit

**Physical Activity Procedures**

To promote healthy weight and physical development through physically active play in children, Giralang Preschool will:

1. Provide safe and adequate space in both indoor and outdoor play areas for physically active play
2. Engage children in physically active behaviours that are suitable for their developmental ability
3. Encourage children of walking and running age to spend more time in age appropriate running and walking play activities
4. Encourage children who can crawl to be active through age appropriate games and other activities
5. Plan for opportunities for children to be more physically active by providing space and activities that vary on a daily basis in children’s play areas
6. Ensure that the outdoor environment has many best practice design features and used by staff to create both smaller rooms and larger spaces that have a variety of surfaces
7. Ensure that tricycle and wagons are available to the children every day
8. Ensure a balance of active and sedentary activities throughout the child’s day, and minimise sedentary behaviours unless the child is tired or ill. This will include limiting the amount of television watched or playing video games
9. Expose the children to an individually programmed and sequenced specialist fundamental motor skills program in consultation with the school’s preschool educational leader
10. Ensure that risks in the outdoor learning spaces are identified and mitigated as required
11. Actively supervise outdoor play spaces and staff will be committed to continue the provocation and observing of children’s learning during outdoor play times