

Policy Title: Physical Activity Policy

Classification: Teaching and Learning

Monitored by: Senior Teachers

Approved by: GM Professional Services

Effective Date: October 2020

Review Date: October 2022

Objective: To ensure that teachers promote active and healthy lifestyles to children and their families.

Commitment: HCK is committed to supporting teachers to provide physical activity opportunities to children. Support will be provided in the form of resources and professional learning and development opportunities.

Related Documents

- Licensing Criteria for Early Childhood Education and Care Services (2008)
- Health & Safety Policy

Policy Details:

1. Teachers are committed to:
 - Providing a safe and success-orientated environment for all children to acquire movement skills on a daily basis
 - Ensuring children extend their language, mathematical and communication skills in the movement environment
 - Sharing information with parents and whānau, so everyone can participate in the movement programme
 - Encouraging parents and whānau to be actively involved in maintaining children's involvement in appropriate physical activity at home.
2. Funds are allocated for the purchase of physical activity equipment. Equipment will be well maintained.
3. Children's skill attainment will be observed regularly.
4. Limited screen time will be available for educational purposes only and children will be redirected to physical activity after a short period of use.
5. Teachers will consider the following when planning for physical activity opportunities:
 - How to provide daily movement skill acquisition
 - Children are encouraged to explore their movement skills and develop their cognitive abilities
 - How teachers are actively involved in providing knowledge and safe habits for children, parents and whānau
 - Encouraging teachers and whānau to participate in daily physical activity alongside children
 - How children will have the opportunity to learn movement skills from other cultures.

Review:

This policy will be reviewed biennially in consultation with staff.