



# Physical Activity and Small Screen Recreation Policy

## POLICY STATEMENT

Abbotsford Community Centre recognises the important functions of physical activity for children's healthy growth and development. For this reason the service will:

- Commit to promote *Australia's Physical Activity and Sedentary Behaviour Guidelines for Children* (aged 5-12 years).
- Promote children's participation in a range of safe physically active learning experiences and active free play.
- Draw on family and community experience to include familiar games and physical activities (*My Time, Our Place* Outcome 3).
- Provide a positive physically active environment, which reflects cultural and family values.
- Provide resources and space to develop children's gross motor skills and allow children to practice physical prowess (*My Time, Our Place* Outcome 3).
- Limit time spent engaging in small screen recreation (e.g., television, DVDs, computer smart phones, tablets, and electronic games) and sedentary behaviour.
- Allow for a range of active and relaxing experiences (*My Time, Our Place* Outcome 3).
- Encourage communication with children and families about benefits of physical activity in children and sedentary behaviour.

## PROCEDURES

### Promote Children's Participation in a Range of Safe Physically Active Learning Experiences

Note: Physically active learning experiences include planned play (eg, action games/ songs, intentional teaching experiences), spontaneous child directed play (eg, child initiated, active play in the playground, dancing to music), intentional teaching experiences and everyday physical tasks (eg helping with gardening, setting up experiences, tidying up spaces).



- Provide the opportunity for children to be active every day through a balance of planned and spontaneous physically active experiences (including everyday physical tasks), in the indoor and outdoor environments (if possible).
- Ensure physically active experiences are play based, varied, creative, developmentally appropriate and cater to a range of abilities and interests.
- Allow families to contribute physical activity ideas and include familiar physical activities
- Include a balance of quiet play with regular energetic outdoor play.
- Encourage physical play to include dance, drama and creative movement.
- Include activities to support gross motor skills.
- Provide children with the opportunity to plan and set up physical play.
- Encourage children's involvement in physical activity to the best of their ability and comfort level.
- Encourage children's participation in physical activity of varying intensity (e.g. moderate to vigorous activity).
- Provide space, time and resources for children to challenge and practice skills and engage in active play.
- Encourage educators to actively role model to children appropriate physical activity behaviours.
- Encourage children and educators to drink water before, during and after physically active experiences.
- Provide opportunities for educators to undertake regular professional development to maintain and enhance their knowledge about physical activity.

### Provide a Positive Physically Active Environment that Reflects Cultural and Family Values

- Provide children with encouragement and positive reinforcement.
- Ensure all physically active experiences are safe by providing an appropriate environment, ensuring all equipment is developmentally appropriate and well maintained and supervision is constant.



- Provide positive instruction and constructive feedback to children to assist them in developing and refining their skills.
- Offer inclusive physical activity opportunities which cater for children from culturally and linguistically diverse backgrounds and those children with additional needs.
- Adopt a participatory approach to physically active experiences offered to children and emphasise fun and participation rather than competition.
- Encourage children to be understanding and accepting of the different physical skills and abilities of other children.
- Allow children to contribute to choice and set up of equipment.
- Invite and engage families and the wider community to participate in promoting physical activity with the children. This will help OSHC programs to be more representative of the families, cultures and communities of the service.

### Limit Time Children Spend Engaging in Small Screen Recreation (e.g., television, DVDs, computers, smart phones, tablets and electronic games) and Sedentary Behaviour whilst at the Centre

- Limit the amount of time spent in small screen recreation.
- Endeavour to limit experiences involving small screen use to those which have an educational component – including movement.
- Discuss with children the role of small screen time in their lives and support them in making healthy choices about their use of small screen recreation for both education and recreation.
- Encourage educators to model appropriate small screen behaviours to the children and limit their overall sedentary behaviour.
- Ensure that an appropriate balance between inactive and active time is maintained each day.

### Encourage Communication with Children and Families about Physical Activity, and Limiting Small Screen Recreation and Sedentary Behaviour

- Provide opportunities for children to engage in discovery learning about the importance of being physically active and reducing small screen time as part of their learning experiences.



- Assist children to develop daily habits, understandings and skills that support health and wellbeing.
- Provide information on the value of physical activity to child health and development to families.
- Provide an opportunity to access the *Physical Activity and Small Screen Recreation Policy* to all families during enrolment to the Centre. Provide families with opportunities to contribute to the review and development of the policy.
- Request families to provide the service any details of children’s additional needs in relation to physical activity participation.
- Encourage families to share with the service links between cultural backgrounds and physical activity.
- Communicate regularly with families and provide information, support and advice on physical activity.

## CONSIDERATIONS

Education and Care Services National Law & Regulations	National Quality Standards & Elements	Links to other Service Policies	Other Documentation/Evidence
R73, 75, 76	Standards 2.1, 2.2 and 2.3		<ul style="list-style-type: none"> <li>• Parent Handbook</li> <li>• Staff Handbook</li> <li>• My Time, Our Place Framework</li> <li>• Program</li> <li>• Australia’s</li> <li>• Physical Activity and Sedentary Behaviour Guidelines for Children (aged 5-12 years)</li> <li>• Eat Smart,</li> <li>• Play Smart Manual</li> </ul>



## ENDORSEMENT BY THE SERVICE

Approval Date: Apr 2022\_\_\_\_\_

Date for Review: Apr 2023\_\_\_\_\_