



Physical Activity and Screen Time Procedure

The preschool daily routine/timetable must provide a balance of opportunities for:

- inside and outside play
- passive and active experiences
- spontaneous and planned physical activity.

(Leading and Operating Department Preschool Guidelines, Pg 38)

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated department policy, procedure or guideline
2.1	Regulation 168	Leading and Operating Department Preschool Guidelines
Pre-reading and reference documents		
<p>Sports and Physical Activity Policy</p> <p>Get up and grow: Healthy eating and physical activity for early childhood resources Australian Government Department of Health information that promotes the key messages of healthy eating and physical activity</p> <p>NSW Health initiative Munch and Move – Healthy kids: eat well, get active</p> <p>NSW Health Initiative Much and Move - Get Active fact Sheet</p>		
Staff roles and responsibilities		
School principal	<p>The principal as Nominated Supervisor, Educational Leader and Responsible Person holds primary responsibility for the preschool.</p> <p>The principal is responsible for ensuring:</p> <ul style="list-style-type: none"> · the preschool is compliant with legislative standards related to this procedure at all times · all staff involved in the preschool are familiar with and implement this procedure · all procedures are current and reviewed as part of a continuous cycle of self- assessment. 	

<p>Preschool supervisor</p>	<p>The preschool supervisor supports the principal in their role and is responsible for leading the review of this procedure through a process of self-assessment and critical reflection. This includes:</p> <ul style="list-style-type: none"> · analysing complaints, incidents or issues and what the implications are for the updates to this procedure · reflecting on how this procedure is informed by relevant recognised authorities · planning and discussing ways to engage with families and communities, including how changes are communicated · developing strategies to induct all staff when procedures are updated to ensure practice is embedded.
<p>Preschool educators</p>	<p>The preschool educators are responsible for working with leadership to ensure:</p> <ul style="list-style-type: none"> · all staff in the preschool and daily practices comply with this procedure · storing this procedure in the preschool, and making it accessible to all staff, families, visitors and volunteers · being actively involved in the review of this procedure, as required, or at least annually · ensuring the details of this procedure's review are documented.
<p>Procedure</p>	
<p>Recommendations</p>	<p>The service is committed to implementing the key physical activity messages within 'Munch and Move' and supporting the 'National Physical Activity Recommendations for Children Birth to Five years' as outlined below:</p> <p>National Physical Activity recommendations for Children Birth to 5 Years</p> <ul style="list-style-type: none"> ● Pre-schoolers should be physically active during the day for at least three hours spread throughout the day. ● Pre-schoolers should not be sedentary, restrained, or kept inactive for more than one hour at a time with the exception of sleeping. ● For children two to five years of age, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day and use only for education purposes.
<p>Physical Activity</p>	<p>This procedure seeks to promote physical activity and the development of fundamental movement skills through a range of planned play and spontaneous physically active learning experiences as well as through everyday physical tasks.</p> <p>Staff will</p>

	<ul style="list-style-type: none"> • Program planned learning experiences promoting movement and physical activity. These activities may be fundamental movement skills, games, gardening, play equipment and/or dancing. • Include fundamental movement skills in transition activities. • Provides a positive environment for physical activity which reflects cultural and family values. This may include cultural games or equipment. • Promote lifelong enjoyment of physical activity. • Encourage communication with families regarding physical activity, gross motor skills development and fundamental movement skills development.
Screen Time	<p>Staff will</p> <ul style="list-style-type: none"> • Monitor sedentary activities and use timers to monitor the children's use of iPads and Smart boards. • Encourage communication with families regarding limiting small screen recreation and sedentary behaviour.

Record of procedure's review
Date of review and who was involved
2/6/2021 Shiralee Robinson, Emma Horan, Carolyn Jones
Key changes made and reason/s why
Change to format. It is now in line with the Department of Education - Leading and Operating Department Preschool Guidelines
Record of communication of significant changes to relevant stakeholders
Procedure will be presented at the next P&C meeting by Annette Thomson and added to Kinderloop for parents/carers to view.

Record of procedure's review
Date of review and who was involved
18/5/22 Shiralee Robinson, Miriam McKewon, Carolyn Jones, Annette Thomson and Leanne McMaster

Key changes made and reason/s why
Change to links
Record of communication of significant changes to relevant stakeholders
Procedure will be presented at the next P&C meeting by Annette Thomson and added to Kinderloop for parents/carers to view.

Record of procedure's review
Date of review and who was involved
28/6/23 Shiralee Robinson, Miriam McKewon, Carolyn Jones and Leanne McMaster
Key changes made and reason/s why
Change to links
Record of communication of significant changes to relevant stakeholders
Procedure will be presented at the next P&C meeting by Annette Thomson and added to Kinderloop for parents/carers to view.