

Public School Preschool Procedure

Insert logo here

(A) (vii) Physical activity

Reviewed:

Education and care services regulation/s	NSW Department of Education policy, procedure or guidelines	Preschool Handbook reference	School policy or procedure, where applicable
	NQS 2.1.3 Healthy lifestyle	Page 35	

Resources:

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

NSW Health initiative **Munch and Move** – Healthy kids: eat well, get active

Munch and move fact sheet – [Get active each day](#)

- *Children spend two hours in the outdoor environment each day where they are encouraged to participate in physical activity. There is a large grassed area, climbing frame, bike track, modular equipment available in the outdoor environment.*
- *We make reference to the [Australian 24-Hour Movement Guidelines for the Early Years \(birth to five years\)](#)*
- *Our daily timetable routines include yoga, dance, fundamental movement skills games, active games*
- *Children's agency is supported by allowing them to request equipment from the shed for use. We also supply a trolley of equipment for children to resource their own play with minimal need for educator interference such as balls, hoops, skipping ropes, walking cans.*
- *in relation to and awareness of the importance of physical activity in their day*
- *Educators actively role model physically active lifestyles by participating in GONoodle, yoga, active games and daily walking and movement in the indoor and outdoor environment.*
- *Recommendations from NSW or National Government initiatives around encouraging enhanced physical activity for children communicated with families and broader school environment via posters, kinderloop , pamphlets and via newsletters.*