

Brunswick Crèche and Day Nursery provides children with a physically active program that is developmentally appropriate for their age and stage of each child in attendance:

*Educator's Will:*

- Encourage children to participate in physical activities through programming and spontaneous experiences.
- Encourage and support children to undertake and participate in new or unfamiliar physical activities.
- Participate in physical activity with the children.
- Show enthusiasm for participation in physical activity and organise play spaces to ensure the safety and wellbeing of all individuals in the environment.
- Set up and plan for physical play activities and equipment and where appropriate encourage the children to help with the set-up.
- Listen to children's suggestions on what physical activities they would like to participate in and where appropriate incorporate them into the program
- Set up indoor and outdoor areas in a manner that promotes and encourages safe physical play for all age groups and developmental abilities represented in the centre.
- Actively encourage children to accept and respect each other's range of physical abilities.
- Consult with families and resource agencies on providing physical experiences that reflect diverse backgrounds and abilities.
- Role model appropriate footwear and clothing for physical activity.
- Will ensure a balance of active and sedentary activities throughout the child's day and minimize sedentary behaviours unless the child is tired or ill.

*The centre will support the children in:*

- Learning to use increasingly complex motor skills and movement patterns in order to combine gross and fine movement and balance skills, spatial awareness and problem-solving skills.
- The development of their physical skill set by providing regular opportunities for outdoor play.
- The development of their physical skill set by talking with children about how the human body and how important physical activity is for an individual's health and wellbeing.
- The development of their physical skill set by providing experiences for the children that draw on elements of dance, dramatic play and creative movement.
- The development of their physical skill set by providing babies with encouragement and safe areas to practice rolling over, sitting, crawling, standing and walking.

**Source:** Education and Care Services National Regulations 2011, National Quality Standard, Get up and Grow, Health Eating and Physical Activity for Early Childhood

**Date Implemented:** 16/04/2012

**Review Completed:** 30/04/2019

**Schedule for Review:** 30/04/2020

National Quality Standard – NQS		
Quality Area 2: Children's Health and Safety		
2.1	Health	Each child's health and physical activity is supported and promoted.
2.1.3	Healthy lifestyle	Healthy eating and physical activity are promoted and appropriate for each child.
Early Years Learning Framework		
Learning Outcome 3 - Children have a Strong Sense of Wellbeing		
3.1	Children become strong in their social and emotional wellbeing	
3.2	Children take increasing responsibility for their own health and physical wellbeing	



