

# Physical Activity and Digital Media



## Policy

Janelle Street Centre recognises the importance of physical activity for young children. Therefore, the centre will ensure that children in care are supported and encouraged to engage in active play, develop fundamental movement skills and that digital media use by children is limited in line with current recommendations.

## Background

Adequate physical activity promotes bone health and is protective against obesity. It is beneficial for a child's social, psychological and fundamental movement skill development. Through active movement a child becomes stronger, more coordinated and helps the child explore the capabilities of their body. For babies, providing opportunities to move freely helps to develop good posture, strength and balance, and teaches them about using their senses, their bodies and the world around them. The time children are at the centre may be their best opportunity for active play each day. Setting limits around time and usage of the TV, computer or other technology also means that children will have more hours available for active, creative or outdoor play.

Fundamental movement skills are the building blocks for more complex and specialised skills that children need throughout their lives, so they can competently and confidently play different games, sports and recreational activities. Fundamental movement skills include running, catching, jumping, kicking, galloping, leaping, hopping, dribbling a ball, side-stepping, striking a ball, underarm rolling and over arm throwing.

This policy also supports the *National Physical Activity Recommendations for Children 0-5 years*.

## The National Quality Standards

- **Standard 2.1:** Each child's health and physical activity is promoted.
- **Element 2.1.3:** Healthy eating and physical activity are promoted and are appropriate for each child.
- **Standard 3.2:** The service environment is inclusive, promotes competence, and supports exploration and play-based learning.
- **Element 3.2.1** Outdoor and indoor spaces are organised and adapted to support every child's participation and to engage every child in quality experiences in both built and natural environments to engage every child in quality experiences in both built and natural environments.
- ECS National Regulations Part 4.3 Sections 107, 108, 113

## Practices

### 1. Promote physical activity and skill development

Janelle Street Centre will:

- Support and encourage children's physical activity through planned (intentional) and spontaneous active play experiences;
- Develop educational programs that are appropriate for each child (needs, interests, abilities);
- Aim to provide active play time opportunities for at least 25% of daily opening hours (e.g. outdoor play, group time, music and movement etc.);
- Provide babies (0-12 months) with supervised floor-based learning daily, including "tummy time";

- Aim to provide planned (intentional) and spontaneous Fundamental Movement Skill (FMS) development daily, which will be deliberate and purposeful and stem from children's interests and needs, including demonstration, age appropriate feedback, opportunities for exploration and practice, co-constructing, problem solving, adaptation of activities to suit different skill levels and allowing for all children to experience success;
- Adopt a participatory approach, emphasising fun and participation as well as competition;
- Encourage and support Educators to be positive, enthusiastic and active;
- Ensure staff provide verbal prompts to provide children with encouragement and positive reinforcement to participate in active play; and
- Ensure inclusive practices for all children including those from culturally and linguistically diverse backgrounds and those with additional needs

## **2. Limit Digital Media and time children spend being sedentary**

Janelle Street Centre will:

- Ensure that babies and toddlers up to the age of 2 years are provided with minimal access to digital media (e.g. to promote literacy, educational purposes and access music material), whilst not viewing TV/ DVDs during their time in care;
- Consider time allocated to digital media use in care with regard to the National recommendation of no more than 1-hour day for children 2-5 years and the likelihood that digital media may be used at home before and after hours of care;
- Prioritise digital media use for educational purposes and/or encourage children to move around and be active;
- Share with families the recommendations and the importance of developing positive screen time habits in the early years.

## **3. Ensure all staff members have appropriate knowledge and skills in the area of physical activity**

Janelle Street Centre will:

- Support regular physical activity education for primary contact staff; and
- Include information on the physical activity policy as part of staff orientation

## **4. Provide a physical environment that promotes physical activity and skill development**

Janelle Street Centre will:

- Ensure that the indoor and outdoor physical environments provide adequate space and resources to facilitate active play and allow children to practice fundamental movement skills;
- Ensure outdoor spaces provide opportunities for children to explore and experience the natural environment
- Provide space, time and resources to support children to create their own opportunities for physical activity; and
- Follow safety procedures and risk management strategies when implementing physical activity.

## **5. Ensure communication with families regarding physical activity, skill development and limiting digital media use for recreation**

Janelle Street Centre will:

- Routinely consult and inform parents and carers of physical activity practices and policies when undergoing development or review;
- Have policies available for families and invite them to read them;
- Communicate regularly with parents and provide information and advice on active play, fundamental movement skill development and limiting digital media use for recreation; and
- Invite families to attend and participate in physical activity experiences with their children where appropriate.

## **6. Monitoring and review**

Janelle Street Centre will:

- Record and monitor children's physical activity progress as part of routine observations of children's development, including time spent in active play, sedentary activities and progress with fundamental movement skills;
- Include physical activity as part of a standing item on the staff meeting agenda (e.g. Healthy Lifestyles, or Munch and Move) within the Educational Leader's report; and
- Review the physical activity and digital media policy every 12 months.

## **Sources**

- National Physical Activity Recommendations for Children 0-5 years, Commonwealth of Australia 2009
- [www.health.gov.au](http://www.health.gov.au) (accessed October 25, 2023)

**Adopted: May 6, 2015**

**Review No. 8: October 12, 2023**