

Physical Activity Policy

- Children are provided with numerous opportunities for physical activity throughout the day.
- Preschoolers have at least 60 minutes of structured physical activity and at least 60 minutes of unstructured physical activity daily with opportunities for “breathless” moderate to vigorous physically active (MVPA) play.
- All children are provided outdoor time at least twice daily, weather and air quality permitting.
- In the case of severe weather similar activities are provided inside.
- Equipment and materials are provided for active play and movement that supports the development of gross motor skills and are appropriate for all children. During outdoor play, children practice gross motor skills with a variety of activities, such as running, skipping, kicking and throwing balls.
- Children with special needs have opportunities to participate in physical activity routinely with their peers.
- The facility is regularly inspected to ensure the safety of all children. The outdoor environment is safe from broken materials, and is cleaned, swept and raked regularly.
- There is adult participation in physical activity with the children to increase child participation and model healthy levels of activity.
- Parents are asked to dress their children for safe outdoor playtime.
- The American Academy of Pediatrics recommends that children under two years old do not engage in any screen time at all and older children watch no more than 1-2 hours per day. Because children watch television and play on the computer outside of child care, no screen time is offered in child care.

