SAMPLE: Child Care Physical Activity Policies

In an effort to provide the best possible physical activity environment for the children in our facility, we have adopted the following policies. The administration and staff appreciate support from the parents in promoting the health of our children.

Active Play and Inactive Time

- ☐ We provide at least 120 minutes of active play time to all children each day.
- ☐ We provide opportunities for outdoor play 2 or more times per day.
- ☐ We ensure that children are rarely seated for periods of more than 30 minutes.
- ☐ We do not withhold active play time for children who misbehave. Instead, we provide additional active play time for good behavior.
- ☐ We rarely show television and videos.

Play Environment

- ☐ We provide fixed play equipment (tunnels, climbing and balancing equipment) that is extensive and varied for all children.
- ☐ We provide portable play equipment (wheeled toys, balls, hoops, ribbons) that is diverse and available for children to use at the same time.
- ☐ We make outdoor portable play equipment freely available to all children all of the time.
- ☐ Outdoor play space includes an open, grassy area and a track/path for wheeled toys.
- ☐ Indoor play space is available for all activities, including running, when weather does not permit outdoor play.

Supporting Physical Activity

- ☐ Our staff often encourages children to be active and often join children in active play.
- ☐ We provide visible support for physical activity in 2 – 5 year old classrooms and common areas through use of posters, pictures, and displayed books.

Physical Activity Education

- ☐ We provide training opportunities for staff on physical activity (other than playground safety) 2X per year or more.
- ☐ We provide teacher-directed physical activity education for children, through a standardized curriculum, 1X per week or more.
- ☐ We offer physical activity education to parents 2X per year or more.