**Waratah Public School Preschool Procedure**



**Digital Media & Physical Activity Procedure**

**Reviewed: 20/5/20**

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| Education and Care Services National Law or Regulation | Associated department policy, procedure or guideline | [Preschool Guidelines](https://schoolsequella.det.nsw.edu.au/file/a240a1ff-d3e3-4883-92b4-a3591f4e12d7/1/leading-and-operating-department-preschool-guidelines.pdf) reference | Associated National Quality Standard | School policy or procedure |
| 107  108  113 | The following department policies and relevant documents can be accessed from the preschool section of the department’s [website](https://education.nsw.gov.au/teaching-and-learning/curriculum/preschool/policies-and-procedures);   * Leading and Operating Department Preschools Guidelines * Good for Kids, Good for life * National Physical Activity Recommendations for Children 0-5 years * Get Up and Grow - Healthy Eating and Physical Activity for Early Childhood | p.38 | 2.1 |  |
| Adequate physical activity promotes bone health, is protective against obesity and is beneficial for children’s social, psychological, proprioceptive skills and fundamental movement skill development. Through active movement, a child becomes stronger and more coordinated and can better explore the capabilities of their body. The time that children spend at the service 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.  **Promote physical activity and skill development**  The service will:   1. Support and encourage children’s physical activity through planned (intentional) and spontaneous active play experiences. Educators will work with occupational therapists, physiotherapists and other external agencies to develop and work on individual children’s goals. 2. Develop educational programs that are appropriate for each child (needs, interests, abilities). 3. Program for active play time opportunities for at least 25% of daily opening hours (eg outdoor play, group time, music and movement etc). 4. Provide planned (intentional) and spontaneous Fundamental Movement Skill (FMS) development, teaching techniques recommended for skill development include 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. 5. Adopt an inclusive approach, emphasising fun and participation, rather than competition to build confidence in a supportive environment. 6. Encourage and support all educators to be positive, enthusiastic and active. Engage educators in professional learning that reflects our practices, such as Munch and Move, Fundamental Movement Skills, Yoga, Mindfulness. 7. Ensure educators provide verbal and visual prompts to provide children with encouragement and positive reinforcement to participate in active play. 8. Ensure inclusive practices for all children including those from culturally and linguistically diverse backgrounds and those with additional needs.   **Limit digital media and time children spend being sedentary**  The service will:   1. Consider time allocated to digital media use in care, with regard to the National recommendation of no more than 1 hour of sedentary screen time per day for children aged 2-5 years and the likelihood that digital media may be used at home before and after hours of care. 2. Ensure that screen time is not used as a reward or to manage challenging behaviours. **NB: Some children may have digital media time included in their individual education plan if this is identified as a learning and development goal.** 3. Prioritise digital media use for educational purposes such as research and extending learning and/or encouraging children to move around and be active. For example: Go Noodle and Cosmic Kids Yoga are used daily at our preschool. 4. Share recommendations with families and promote the importance of developing positive screen time habits in the early years. The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years) are provided to all families. 5. Ensure that educator’s role-model appropriate screen time behaviours and educate children about screen time choices.   **Ensure all staff members have appropriate knowledge and skills in the area of physical activity**  The service will:   1. Support regular physical activity education for primary contact educators. 2. Provide opportunities for professional learning with Munch and Move modules and associated resources.   **Provide a physical environment that promotes physical activity and skill development**  The service will:   1. 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. 2. Outdoor spaces provide opportunities for children to explore and experience the natural environment. 3. Provide space, time and resources to support children to create their own opportunities for physical activity. 4. Follow safety procedures and risk management strategies when implementing physical activity.   **Ensure communication with families regarding physical activity, skill development and limiting digital media use for recreation**  The service will:   1. Routinely consult and inform parents and carers of physical activity practices and policies when undergoing development or review. 2. Have procedures available for families to read. 3. Communicate regularly with parents and provide information and advice on active play, fundamental movement skill development and limiting digital media use for recreation.   **Monitoring and review**  The service will:   1. Record and monitor any concerns for children's physical activity progress as part of routine observations of children’s development. 2. Review the physical activity and digital media policy every 12 months.   **Resources**  **World Health Organisation** – [Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age.](https://apps.who.int/iris/bitstream/handle/10665/311664/9789241550536-eng.pdf?sequence=1&isAllowed=y)  WHO – [Physical Activity Factsheet](https://www.who.int/news-room/fact-sheets/detail/physical-activity)  **Get up and Grow:** Healthy Eating and Physical Activity for Early Childhood Services  **Munch and Move** – NSW Health initiative – Healthy Kids: Eat Well, Get Active  **Munch and Move -** ***Screen time***factsheet | | | | |

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