



Active play and physical activity policy

At **Bright Star Montessori School** we acknowledge the importance of active play and physical activity behaviours that contribute to good health and overall wellbeing.

Active play is about moving, being and doing. Children may engage in active play by themselves or with other children. Active play uses large muscles and provides children with a range of physical, emotional and social benefits. Outdoor play is very important as it helps develop gross motor and fundamental movement skills. Active play also helps develop a strong and healthy body, builds skills, creates feelings of wellbeing and helps protect from disease.

This policy confirms our commitment to:

- encourage children to engage in a range of child-initiated and adult-guided physical activities within the program as following
 - a minimum of 60 min/day of outdoor active play (or indoor when weather is poor) for the full day program
 - 30 min/day of outdoor active play (or indoor when weather is poor) for the part time program, AM or PM session.
- promote the importance of a healthy lifestyle, which includes being physically active every day.

Active play covers a range of activities including climbing, throwing, jumping, running, lifting, pushing and pulling appropriately-sized objects, sweeping, raking, digging, and being active to music, movement and games.

Child-initiated active play is developed by the child through exploration of the environment, equipment and games.

Adult-guided active play encourages children's physical development through promoting movement skills in a non-competitive environment.

Learning and skills

- Educators involve children in planning for active play and physical activity experiences both indoors and outdoors.
- Child-initiated and adult-guided active play and physical activity experiences, which challenge and encourage children to explore, extend and test limits, are planned and provided on a daily basis as part of the educational plan.
- Opportunities to learn about the importance of active play and physical activity are embedded in the educational program through discussion, group games, stories, music and movement.