

# Physical Activity and Active Play

## Policy Statement

The YMCA of Canberra aims to provide an active environment that promotes children and young people's health and physical wellbeing.

## Definition:

Physical Activity is defined as an increase in energy expenditure through movement of the large muscle groups undertaken in bursts throughout the day. Active play is vital for children's and young people's development and lays the foundation for a healthy and active life. The best form of physical activity for children and young people is PLAY. (Stienbeck, 2001, Salmon, 2005)

## Objectives:

- To provide physical opportunities for children and young people to explore, practice and challenge themselves physically
- To give opportunities to strengthen children and young people's physical and mental health and well being
- To incorporate physical activity throughout the day and into children and young people's daily rhythms
- To facilitate an environment that encourages children and young people to be physical through PLAY

## Procedures:

### In relation to children we will...

- Value children as capable and competent at all times
- Encourage children to take responsibility for their own health and physical wellbeing
- Respect and support children's right to choose experiences that challenge their capabilities and follow their interests
- Create opportunities for active play that is spontaneous and energetic

### In relation to educators we will...

- Support each other in supervising children and young people in Active Play and Physical Activity using both sight and sound
- Expose children and young people of all ages to the physical and sensory experiences the outdoors provide
- Create and model a culture that reflects and nurtures a healthy mind, body and spirit
- Show enthusiasm and joy for children's learning by engaging and being involved in their choices
- Plan and participate in physical experiences and active learning
- Play a key role in guiding children's attitudes and behaviours about physical activity
- When available, educators will value and utilize the benefits of the Recreation Room and its resources and equipment through excursion experiences
- YMCA Jamison will utilize the Recreation Room daily as an extension of their outdoor environment, in addition to utilizing it in poor weather conditions.

## YMCA CANBERRA – PHYSICAL ACTIVITY AND ACTIVE PLAY

Ref #	Owner	Internal/External	Approved	Last Amended	Status
NR10	Children Services Executive Manager	Internal	Jan 2014	Jan 2014	Approved

**In relation to families we will...**

- Listen and learn from families to draw on and acknowledge their strengths and support them alongside their child or young person
- Value their support, time and input into the program, curriculum and physical learning experiences
- Provide a hygienic environment that respects each child and young person's right to a healthy wellbeing
- Enable each family to develop a sense of belonging and inclusion in the environment
- Respect the uniqueness of each family and get to know and understand their culture, lifestyle and beliefs without judgement

**In relation to program and curriculum we will...**

- Provide moments of intentional teaching through strategies such as role modelling and demonstration to expand on children's physical strengths and emotional well being
- Provide infants, toddlers and young children with appropriately challenging and exciting physical activity opportunities
- Discuss health and safety issues with the children and young people to involve them in developing guidelines to keep the environment safe for all
- Implement experiences that increase their competency in movement, balance, dance and drama
- Respect, guide and support children and young people's choices and challenges
- Provide language and music experiences that explore a wide range of traditional, contemporary and cultural learning opportunities
- Implement programs that are socially inclusive of gender, age, ability, economic status, language, culture and religion
- Provide experiences which include both spontaneous and occasional bursts of energy
- Provide opportunities to extend their physical motor development
- Provide experiences with an understanding of each individual child in care, their interests and strengths
- Implement a curriculum that prepares, involves, stimulates and extends children's physical strength
- Provide active and challenging experiences that will facilitate opportunities for growth in individuals self esteem

**In relation to safety and supervision we will...**

- Provide a space that enables children with space to move around, confidently and safely
- Ensure educator's capabilities to support and supervise children and young people accordingly through professional development
- Monitor and supervise equipment that has increased challenge and risk play experiences where required
- Ensure all equipment and resources are safe and in good condition by conducting a daily safety checklist
- Use the Cancer Councils SunSmart guidelines when children are engaged in active play outside
- Ensure any fixed play equipment meets the current Australian Standards Guidelines as outlined by Kidsafe

**YMCA CANBERRA – PHYSICAL ACTIVITY AND ACTIVE PLAY**

Ref #	Owner	Internal/External	Approved	Last Amended	Status
NR10	Children Services Executive Manager	Internal	Jan 2014	Jan 2014	Approved

**Related policies:**

- Supervision
- Child Health and Wellbeing
- Sun Protection

**Standards/Legislation:**

- Belonging, Being and Becoming -The Early Years Framework for Australia, 2009, My Time Our Place 2011. Outcome 3: Children have a strong sense of wellbeing
- Get Up and Grow – Healthy Eating and Physical Activity for Early Childhood, Department of Health and Aging, 2009
- Kids at Play Manual, ACT Government and Heart Foundation, 2009
- National Quality Framework, 2011

**YMCA CANBERRA – PHYSICAL ACTIVITY AND ACTIVE PLAY**

Ref #	Owner	Internal/External	Approved	Last Amended	Status
NR10	Children Services Executive Manager	Internal	Jan 2014	Jan 2014	Approved