

# PHYSICAL ACTIVITY POLICY FOR PRESCHOOL-AGE CHILDREN IN CHILD CARE PROGRAMS

NAME OF PROGRAM

DATE

Our program is committed to promoting a safe and active place for children to have moderate to vigorous physical activity (MVPA), both indoors and outdoors.

1. Staff regularly encourage children to be physically active both indoors and outdoors.
2. Daily activities include at least two hours (120 minutes) for physically active play, both indoors and outdoors. Staff participate with, and encourage, children during these activities. Of the 120 minutes:
  - ▶ Staff provide structured (adult-led) physical activity in short bursts throughout the day that accumulate a total of 60 minutes.
  - ▶ Children should spend at least 60+ minutes outdoors of unstructured (child selected free play), weather permitting, divided into three or more shorter sessions.
3. Physical activity is never withheld as punishment.
4. Active supervision and adult to child ratios are maintained during indoor and outdoor play times.
5. Children have opportunities for daily MVPA indoors or outdoors, depending on the weather and air quality.
6. Drinking water is always available and accessible, indoors and outdoors.
7. Shaded areas are available in outdoor play areas. Children are protected from the sun by clothing and hats, and/or sunscreen. Sunscreen with UVB-and UVA-ray protection of SPF 15 or higher is used and reapplied as recommended with permission from parents/guardians.
8. Play equipment, materials, furnishings, and play areas are regularly checked and maintained for sturdiness, safety, kept in good repair and meet the recommendations of the U.S. Consumer Product Safety Commission (CPSC).
9. Different kinds of portable play equipment (including wheeled toys, balls, hoops, ribbons) are available for children to use.
10. Screen time, if any, is limited to one hour per day of high-quality, educational, non-commercial programs with staff supervision. Staff help children apply what they see and hear on the screen to the world around them.
11. Staff receive professional development on children's physical activity and outdoor play to promote healthy growth and development.
12. Families are asked to dress their children for active, outdoor play. Children wear clothing and shoes that are comfortable and appropriate for the weather.
13. Families are offered education on developmentally appropriate physical activity and outdoor play for children, such as brochures, tip sheets, online resource referrals, or in-person recommendations for games and activities.

*Modified from Children's Council, San Francisco (SF), Healthy Apple, Healthy Hearts SF. (2017). Physical Activity Toolkit, Children's Council, SF, CA. [www.childrenscouncil.org](http://www.childrenscouncil.org)*