



# Dubbo West Public School Preschool

## Procedure: Physical Activity and Screen Time

### Links to relevant legislation:

### Links to National Quality Standard:

Standard 2.2:

Healthy Eating and Physical Activity are embedded into the program for children

### Links to EYLF:

Outcome 3.2 Children take increasing responsibility for their own health and physical wellbeing

### Date to be reviewed:

April 2020

### Introduction:

Dubbo West Public School Preschool recognises the importance of physical activity for young children. Fundamental movement skills are the building blocks for more complex and specialised skills that children need throughout their lives so they can competently and confidently play different games, sports and recreational activities. Fundamental movement skills include running, catching, jumping, kicking, galloping, leaping, hopping, dribbling a ball, side-stepping, striking a ball, underarm rolling and over arm throwing.

### Aims:

The purpose of this policy is to ensure that children at preschool are supported and encouraged to develop gross motor skills, engage in active play, develop fundamental movement skills and limit screen recreation time in line with current recommendations. Dubbo West Public School Preschool endeavours to limit experiences involving small screen use to those which have an educational component and/or include movement.

### Procedures:

#### Physical Activity

- Provide physical activity every day for at least 3 hours spread throughout the day to pre-schoolers (3-5 years of age)
- Aim to provide structured, educator- led Fundamental Movement Skills development daily. The exploration of fundamental movement skills will include educator demonstration of correct FMS technique and the provision of appropriate feedback in a fun and supportive manner.
- Ensure staff role model and join in active play time

- Ensure staff provide verbal prompts to provide children with encouragement and positive reinforcement to participate in active play
- Adopt a participatory approach, emphasising fun and participation rather than competition
- Ensure inclusive practices for all children including those from culturally and linguistically diverse backgrounds and those with special needs
- Ensure that staff routinely identify opportunities to engage children, educate and promote appropriate physical activity skills and active play
- Pre-schoolers will not be sedentary or kept inactive for more than one hour at a time, unless the child is being given the opportunity to rest

### **Screen Time**

- Children 3-5 years of age sitting and watching TV or using electronic media will be limited to less than an hour a day
- Screen time will not be used as a reward or to manage challenging behaviours (Please note that assistive technology helping children with special needs and learning difficulties succeed isn't a screen reward).
- Avoid children participating in small screen recreation during times when they can engage in more active pursuits
- Aim to limit time children spend being seated or inactive other than at meal and sleep times
- Discuss with children the role of small screen time in their lives and support them in making healthy choices about their use of small screen recreation for both education and recreation.
- Encourage educators to model appropriate small screen behaviours to the children.

