



Woolooware Outside School Hours Care

(02) 9523 9971
34 Wills Road, Woolooware, 2230
info@woshc.com
accounts@woshc.com

PHYSICAL ACTIVITY POLICY

POLICY STATEMENT

Woolooware Outside School Hours Care aims to provide all children with appropriate, frequent and varied physical activity opportunities and encourage positive participation in physical activity.

CONSIDERATIONS

- Education and Care Services National Regulations 2011
- National Quality Standard
- My Time, Our Place Framework for School Age Care in Australia
- Roads and Maritime Service NSW
- Kidsafe NSW

PROCEDURE

- Believes encouraging participation of physically activity is important for all children. WOSHC will achieve this aim by modifying games to cater for varying levels of ability and needs and by providing encouragement and positive reinforcement to assist with children's motivation and confidence.
- A sense of fair play and courtesy among the children is also encouraged to promote a friendly playing environment with the emphasis on "having a go" and "trying your best" regardless of result.
- Educators will also role model appropriate physically active behaviour.

Amount and type of physical activity

- The time children spend in OOSH can positively contribute to the current physical activity recommendations for children and youth.
- Children are encouraged to be active every day for a minimum of one hour. This activity should be a mix of medium and high intensity levels. (Dept. of Health and Ageing, 2004)
- The centre will decrease sedentary opportunities by encouraging children to play outdoors during daylight hours.
- WOSHC will limit children's access to screen time (electronic media) in line with the current recommendation "Children should not spend more than 2 hours a day using electronic media for entertainment (computer games, TV, internet) particularly during daylight hours." (Dept. of Health and Ageing 2004). The centre will limit screen time by having a guideline limiting a child's time on iPads, and that DVD will only be turned on for specified days or in poor weather conditions.

Safe and supportive environments

- The grounds and equipment are checked regularly to make sure they are safe to use, and physical activities are adequately supervised in our environment.
- The centre encourages and follows the Sun protection policy.
- Regular drinks of water are encouraged and educators' model positive water consumption practices.
- An up to date first aid kit is kept at the centre and is easily accessible at all times



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Equipment

- A wide variety of safe and appropriate equipment for physical activity is available for children as well as adequate space to play the various activities.
- All play equipment is to be regularly maintained and cleaned.

Learning about physical activity

- Educators will use opportunities to inform children about the importance of physical activity for future health through informal chats, games and activities within the service.
- Physical activity information and guidelines are available for parents.
- Educators are encouraged to attend training specific to physical activity for children as well as having appropriate physical activity manuals and other resources readily available at the service for use of educators and parents.

DATE ENDORSED: April 26, 2021

DATE FOR REVIEW AND EVALUATION: April 26, 2023