

Physical Activity Procedure

Regulations		
EHS/HS: 1302.31	ECEAP: IC-16	WAC: 110-300-0360

Purpose

Physical activity promotes young children’s gross motor development, improved fitness and cardiovascular health, healthy bone development, improved sleep, and improved mood and sense of well-being.

Guidance

Part day programs must provide thirty minutes of daily active outdoor play for preschool age children and twenty minutes for infants (as tolerated) and toddlers.

Programs operating more than six hours a day must provide a minimum of ninety minutes of active outdoor play for preschool age children and sixty minutes of active play for infants and toddlers (thirty minutes of which may be moderate to vigorous indoor activities).

Procedure

- Movement and physical activity will be intentionally integrated into curriculum activities and daily routines and provide the required amount of active outdoor play time.
- Daily schedules and lesson plans will show intentional planning to incorporate indoor and/or outdoor physical activity (weather permitting) that is designed to meet children’s developmental, cultural, and special needs.
- Schedules will include utilizing developmentally appropriate equipment for both indoor and outdoor, providing a variety of activities, including props for gross motor such as balls, climbers, tricycles, scooters, hula hoops, etc.
- Play equipment and activity centers to encourage physical activity will be available for indoor use.
- Materials and equipment are appropriate, and in good condition.
- Indoor and outdoor spaces, including play equipment and materials, are accessible to all children and support each child’s individual physical and developmental needs.
- Indoor and outdoor spaces provide the appropriate amount of space.
- Assistance in playing with and using materials is provided to children when and if necessary.
- Activities are adapted to accommodate each individual child’s needs utilizing staff observation, collaboration with caregivers and health care providers to develop individual classroom accommodation plans, Individual Learning Plans (ILP’s), Individual Service Plans (IFSP’s), Individual Education Plans (IEP’s), screenings and assessments.
- Staff complete a daily playground safety check prior to children’s arrival.
- Programs will not use physical activity as reward or punishment.
- Adult-to-child ratios are maintained according to Head Start Performance Standards and licensing requirements.

Resource: Caring for Our Children-4th Edition