

Physical Activity & Digital Media Procedure

Associated National Quality Standard	Education and Care Services National Law or Regulation	Associated department policy, procedure or guideline
1.2.1 2.1.3		https://www.digitalcitizenship.nsw.edu.au/articles/managing-screen-time

Pre-reading and reference documents

Adequate physical activity promotes heart, bone and muscle health, and is beneficial for child social, psychological and fundamental movement skill development. Through active movement, a child becomes stronger and coordinated and can explore the capabilities of their body. The time children are at the service may be their best opportunity for active play each day. Setting limits around time and usage of the TV, computer or other technology also means that children will have more hours available for active, creative or outdoor play.

<https://www.earlychildhoodaustralia.org.au/wp-content/uploads/2018/10/Digital-policy-statement.pdf>

<https://www.acecqa.gov.au/latest-news/blog/using-digital-touch-technologies-support-childrens-learning>

https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians?utm_source=health.gov.au&utm_medium=callout-auto-custom&utm_campaign=digital_transformation

Staff roles and responsibilities

School principal

The principal as Nominated Supervisor, Educational Leader and Responsible Person holds primary responsibility for the preschool.

The principal is responsible for ensuring:

- the preschool is compliant with legislative standards related to this procedure at all times
- all staff involved in the preschool are familiar with and implement

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	<p>this procedure</p> <ul style="list-style-type: none"> • all procedures are current and reviewed as part of a continuous cycle of self- assessment.
<p>Preschool supervisor</p>	<p>The preschool supervisor supports the principal in their role and is responsible for leading the review of this procedure through a process of self-assessment and critical reflection. This includes:</p> <ul style="list-style-type: none"> • analysing complaints, incidents or issues and what the implications are for the updates to this procedure • reflecting on how this procedure is informed by relevant recognised authorities • planning and discussing ways to engage with families and communities, including how changes are communicated • developing strategies to induct all staff when procedures are updated to ensure practice is embedded.
<p>Preschool educators</p>	<p>The preschool educators are responsible for working with leadership to ensure:</p> <ul style="list-style-type: none"> • all staff in the preschool and daily practices comply with this procedure • storing this procedure in the preschool, and making it accessible to all staff, families, visitors and volunteers • being actively involved in the review of this procedure, as required, or at least annually • ensuring the details of this procedure’s review are documented.
<p>Procedure</p>	
<p>Promote physical activity and skill development</p>	<ul style="list-style-type: none"> • Support and encourage children’s physical activity through planned (intentional) and spontaneous active play experiences. • Develop educational programs that are appropriate for each child (needs, interests, abilities). • Aim to provide active play time opportunities for at least 25% of daily opening hours (e.g., outdoor play, group time, music and movement etc). • Aim to provide planned (intentional) and spontaneous Fundamental Movement Skill (FMS) development. Teaching techniques recommended for skill development include demonstration, age-appropriate feedback, opportunities for exploration and practice, co-constructing, problem solving, adaptation of activities to suit different skill levels and allowing for

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	<p>all children to experience success.</p> <ul style="list-style-type: none">• Adopt a participatory approach, emphasising fun and participation rather than competition.• Encourage and support all educators to be positive, enthusiastic and active.• Ensure educators provide verbal prompts to provide children with encouragement and positive reinforcement to participate in active play.• Ensure inclusive practices for all children including those from culturally and linguistically diverse backgrounds and those with special needs.• Educators at our service actively role model appropriate physical activity behaviours to children.
Limit Digital Media and time children spend being sedentary	<ul style="list-style-type: none">• Consider time allocated to digital media use in care with regard to the National recommendation of no more than 1-hour day for children 2-5 years and the likelihood that digital media may be used at home before and after hours of care.• Prioritise digital media use for educational purposes and/or encouraging children to move around and be active.• Share recommendations with families and promote the importance of developing positive screen time habits in the early years.• Never use screen time as a reward or to manage challenging behaviours.• Educators at our service actively role model appropriate screen behaviours to children.
Ensure all staff members have appropriate knowledge and skills in the area of physical activity	<ul style="list-style-type: none">• Primary contact educators review information about physical activity regularly.• Ensure some staff are trained in Munch and Move.
Provide a physical environment that promotes physical activity and skill development	<ul style="list-style-type: none">• Ensure that the indoor and outdoor physical environments provide adequate space and resources to facilitate active play and allow children to practice fundamental movement skills (running, hopping, leaping, kicking, jumping, dribbling, throwing, galloping, skipping, catching, side sliding, striking, underarm throwing).• Outdoor spaces provide opportunities for children to explore and experience the natural environment.• Provide space, time and resources to support children to create their own opportunities for physical activity.• Follow safety procedures and risk management strategies when implementing physical activity.
Ensure communication	<ul style="list-style-type: none">• Consult and inform parents and carers of physical activity practices and policies when undergoing development or review.• Have procedures available for families to read.

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with families regarding physical activity, skill development and limiting digital media use for recreation	<ul style="list-style-type: none">• Communicate regularly with parents and provide information and advice on active play, fundamental movement skill development and limiting digital media use for recreation.• Invite families to attend and participate in physical activity experiences with their children, where appropriate.
Monitoring and review	<ul style="list-style-type: none">• Record children's physical activity as part of the preschool program. Observations and photos can be viewed in the daily journal, jottings in program, or individual learning stories.• Review the physical activity and digital media procedure every 12 months.

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Record of procedure's review
Date of review and who was involved
30/4/24
Key changes made and reason/s why
Made some statements smaller and clearly to understand.
Record of communication of significant changes to relevant stakeholders
All relevant stakeholders shown copy of new procedure
Date of review and who was involved
24/4/23
Key changes made and reason/s why
Added link to Department's "Managing Screen Time" section of its Digital Citizenship website
Record of communication of significant changes to relevant stakeholders
All relevant stakeholders shown copy of new procedure
Date of review and who was involved
27/4/22
Key changes made and reason/s why
Transferred to new DOE format.
Record of communication of significant changes to relevant stakeholders