**Active Play Policy**

Park Lane Preschool recognizes the importance of physical activity for young children. Implementation of appropriate physical activity practices supports the health and development of children in care, as well as assisting in establishing positive lifestyle habits.

**The Canadian Physical Activity Guidelines recommend that**:

Toddlers and preschoolers should accumulate at least 180 minutes of physical activity spread throughout the day.

What is ACTIVE PLAY? Active play is physical activity which includes moderate to vigorous bursts of high energy, raises children’s heart rate and may make them ‘huff and puff’ such as running or jumping.

Active play helps to promote healthy growth and development and supports body control and movement. Active play also helps to promote children’s confidence, improves concentration and thinking and learning skills and provides opportunities to develop social skills and make friends.

**STANDARD OF PRACTICE**

Whenever possible, Park Lane Preschool incorporates active play and physical movement through daily routines and activities.

Our program ensures a minimum of 30 minutes per session of outdoor active play (indoor active play may be planned when weather is poor). Active play may be accumulated through 15 minute portions of time throughout the day or continuously. We provide a variety of play materials (both indoor and outdoor) that promote physical activity.

**Facilitated & Un-facilitated Play**

Our staff is required to engage children in daily active play, consisting of un-facilitated play (free play) such as allowing children to run, jump and dance around the play space or a group of children initiating playing soccer together. We also initiate facilitated play such as organized sports or led games such as octopus, tag or duck, duck goose.

**Fundamental Movement Skills**

These are gross motor skills that involve different body parts such as feet, legs, trunk, head, arms, and hands. Park Lane Preschool staff teach these skills to children because they are the building blocks of movements for more complex skills that kids will need in the future to play different games and participate in recreational activities.

Some examples are:

* Balance skills: Activities where the body remains in place
* Coordination skills: Activities where children can catch, throw or kick. EG: balloon batting
* Locomotor skills: Activities that involve walking, running, jumping, hopping, crawling, marching, climbing, galloping, sliding, leaping, hopping, and skipping

**Injury prevention:**

Injury prevention strategies will vary depending on the age of the children, their developmental levels and environment.

Park Lane Preschool staff teach children how to be safe and act responsibly in the play space and how to correctly use toys and equipment, and to be aware of potential hazards. For example, children are taught to wear helmets when they are riding a bicycle.

**Physical literacy:**

Park Lane Preschool staff build children’s confidence and physical competence by increasing their knowledge and understanding of the value and responsibility for engagements in physical activities for life.

These skills enable individuals to make healthy, active choices that are both beneficial to and respectful of their whole self, others and their environment.

Note: When we plan activities that require longer periods of time without whole-body muscle movement we make sure children’s sitting time is broken up with short burst of activities for one or two minutes.

# Screen Use Policy

Park Lane Preschool cares about the health and well-being of the children in our care. Park Lane Preschool does not rely on television, movies or computers to fill space in our daily schedules. We strives to build curriculum and daily routines that promote physically active play, cognitive and social development..

Park Lane Preschool will ensure that:

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* Children who attend the centre for three or less hours will not be offered screen time.
* Screen time includes computers, movies, tablets, smart phones, video games, etc.
* All attempts will be made to avoid exposing children to marketing and advertising