

## **CLASSROOM DAILY PHYSICAL ACTIVITY POLICY**

### **1302.31 Teaching and the learning environment.**

c) *Learning environment.* A program must ensure teachers implement well-organized learning environments with developmentally appropriate schedules, lesson plans, and indoor and outdoor learning experiences that provide adequate opportunities for choice, play, exploration, and experimentation among a variety of learning, sensory, and motor experiences and:

(1) For infants and toddlers, promote relational learning and include individualized and small group activities that integrate appropriate daily routines into a flexible schedule of learning experiences; and,

(2) For preschool age children, include teacher-directed and child-initiated activities, active and quiet learning activities, and opportunities for individual, small group, and large group learning activities.

(e) *Promoting learning through approaches to rest, meals, routines, and physical activity.* (1) A program must implement an intentional, age appropriate approach to accommodate children's need to nap or rest, and that, for preschool age children in a program that operates for 6 hours or longer per day provides a regular time every day at which preschool age children are encouraged but not forced to rest or nap. A program must provide alternative quiet learning activities for children who do not need or want to rest or nap.

(4) A program must recognize physical activity as important to learning and integrate intentional movement and physical activity into curricular activities and daily routines in ways that support health and learning. A program must not use physical activity as reward or punishment.

1. Center-based settings will provide a minimum of 30 minutes of physical activity daily by providing sufficient time, appropriate indoor and outdoor space, equipment, materials, and adult guidance for active play and movement that supports each child's individual physical and developmental needs.
  - Movement and physical activity will be intentionally integrated into curriculum activities and daily routines.
  - Daily schedules and lesson plans will show intentional planning to incorporate at least 30 minutes of indoor and/or outdoor activity (weather permitting). The plans will include utilizing developmentally appropriate equipment for both indoor and outdoor, including props for gross motor such as balls, climbers, tricycles, scooters, hoola hoops, etc.

- Play equipment and activity centers to encourage physical activity will be available for indoor use.
- Materials and equipment are age appropriate and in good condition.
- Indoor and outdoor spaces, including play equipment and materials, are accessible to all children.
- 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, Individual Learning Plans (ILP's), Individual Service Plans (IFSP's), Individual Education Plans (IEP's), screenings and assessments.
- Parents/guardians/caregivers provide information about the health and safety needs of their child through enrollment paperwork and daily conversations with staff. Staff work in ongoing collaboration with caregivers and medical providers to develop individual classroom accommodation plans prior to first day of service or as soon as the need is identified
- 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 Washington State child care licensing requirements.