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**PHYSICAL** **ACTIVITY** **POLICY**

**RATIONALE**

At Flying Kiwi Preschool we promote all aspects of individual tamaiti health and well-being. Physical activity and risky play is vital for optimum growth and health.

**TE** **WHĀRIKI**

***Well-being/Mana******atua******-******Goal******1:*** Tamariki experience an environment where their health is promoted.

**Exploration/** **Mana** **aotaroa** **-** **Goal** **2:** Tamariki gain confidence in and control of their bodies.

**Licensing** **Criteria** **for** **Early** **Childhood** **Education** **&** **Care** **Services** **2008**

**Curriculum:** **Children** **as** **Learners**

* **C7:** The service curriculum is inclusive, and responsive to children as confident and competent learners. Children's preferences are respected, and they are involved in decisions about their learning experiences.
* **C9:** The service curriculum provides children with a range of experiences and opportunities to enhance and extend their learning and development - both indoors and outdoors, individually and in groups.

**PROCEDURES**

* Flying Kiwi Preschool environment and curriculum will provide opportunities for tamariki to explore physical activity and play, and is inclusive and responsive to tamariki being confident and competent learners.Tamariki will experience an environment where their preferences and decisions around their own physical play and activity experiences are respected.
* The curriculum will provide tamariki with a range of physical play experiences and opportunities to enhance and extend their learning and development - both indoors and outdoors, individually and in groups.
* Natural motor development is supported.
* Tamariki are encouraged to move freely on their own as their capabilities and development allows.
* Mātua are requested to provide appropriate clothing for their tamaiti that will enable full participation in physical activity in all weathers."*There is no such thing as bad weather, only bad clothing.*" Spare clothing provided daily is also essential.
* Tamariki are provided with opportunities throughout the day for climbing, balancing, kicking, throwing, jumping, running, and other locomotor movements, both indoors and out.
* The environment will allow for space and equipment which follows the interests of tamariki and promotes free and challenging physical experiences both indoors and out.
* Funds are available to support physical activity, equipment, and professional development
* Kaiako and mātua are encouraged to be good role models by promoting and participating in physical activity.
* Tamariki are encouraged and taught to analyse and manage their own risk within their physical play.

**LINKS** **TO:**

* Aggressive Play Policy
* Tamaiti Health Policy

**Date** **approved**:

**Review** **date**: