# Physical Activity Policy Insert

*Note*: *The following statement has been developed to assist early childhood education and care services modify their existing policy or create their own procedure/guideline that meets the Munch & Move policy recommendations. The statement can be edited, however, please ensure that all of the below elements recommended by Munch & Move are retained.*

## Statement for Physical Activity

The service will ensure key physical activity messages within *Munch & Move* are embedded into our curriculum supporting the [*Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep*](https://www1.health.gov.au/internet/main/publishing.nsf/Content/FCE78513DAC85E08CA257BF0001BAF95/$File/Birthto5years_24hrGuidelines_Brochure.pdf)*.*

### Infants (Birth to one year)

Physical activity, particularly through supervised interactive floor-based play in safe environments, should be encouraged from birth. For those not yet mobile, this includes at least

30 minutes of tummy time.

### Toddlers (1–2 years)

Toddlers should spend at least **180 minutes** in a variety of physical activities, including energetic play, spread throughout the day; more is better.

### Pre-schoolers (3–5 years)

Pre-schoolers should spend **at least 180 minutes** in a variety of physical activities, of which **at least 60 minutes** is energetic play, spread throughout the day; more is better.

Our service will:

* Provide opportunities in the daily program for children to be active every day through a balance of planned and spontaneous active play experiences that are both educator led and child initiated (including everyday physical tasks), in the indoor and outdoor environments.
* Seek to promote children’s physical activity by supporting the development of their gross motor skills and fostering the emergence of their fundamental movement skills through a range of intentionally planned and spontaneous active play learning experiences.
* Encourage educators to actively role model to children appropriate physical activity behaviours.