**(Insert Service Name)**

**Physical Activity Service Specific Guideline – (Insert service name)**

***Note:*** *This guideline template is a 1-2 page document designed to complement your service policies by providing written documentation of the policy/procedure/guideline elements recommended as best practice by Munch & Move. The Good for Kids team acknowledges Western Sydney LHD as the original creator of this guideline template.*

*To use this template, insert your service name where highlighted yellow, and add a statement of how your service is following each guideline element (example statements written in green).*

(Insert service name) seeks 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. Our service also supports limiting the amount of time children spend engaging in screen time and sedentary behaviour for recreational purposes.

As such, (insert service name) commits to the following statements, aligned with NSW Health *Munch & Move* program:

* Following the Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): *An Integration of Physical Activity, Sedentary Behaviour, and Sleep* – as an overall guide to physical activity and sedentary behaviour at the service.
	+ *e.g. Our service ensures our children are not sedentary for more than one hour at one time.*
* Physical activity is embedded in the daily program through spontaneous and intentionally planned active play that is both child initiated, and educator led
	+ *e.g. Our service includes physical activity experiences in the daily program and provides portable play equipment to encourage both planned and spontaneous active play*
* Educators are encouraged to actively role model appropriate physical activity behaviours to the children.
	+ *e.g. Our educators encourage active play and participate with the children during indoor and outdoor play sessions*

Revised: (insert date)