Commitment to Munch & Move Policy Practices

for Physical Activity

Our service, <insert name of service> is committed to implementing the key elements of relevant Munch & Move policies. These key elements are considered best practice in supporting healthy heating, physical activity and limiting the use of screen time. Our commitment to best practices Munch & Move relating specifically to physical activity is as follows:

|  |
| --- |
| Physical Activity |
| Our service commits to:   * The [Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years)](https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-infants-toddlers-and-preschoolers-birth-to-5-years) as an overall guide to physical activity and sedentary behaviour. * Have physical activity is embedded in the daily program through spontaneous and intentionally planned active play that is both children initiated, and educator led. * Encourage educators to actively role model to children appropriate physical activity behaviours. |
| Our service demonstrates commitment to these key elements by:  <Please outline the steps/actions you take to implement the above policy elements> |
| In the next 12 months, our service will focus on the following physical activity goals:  <List any goals that the service has in relation to Physical Activity> |

|  |  |
| --- | --- |
| Developed by: <insert name> | Date: <insert date developed> |
| Role in service: <insert role of person above> | Review date: <insert date 12 months from above> |