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:

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| 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.
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| 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> |

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