

## **ACTIVE PLAY POLICY**

In response to the Standard of Practice “active Play”, outlined in BC Child Care Regulations, Section (4) (1) (e) of the Community Care and Assisted Living Act, Park Place Daycare ensures the program incorporates the required amount of active play for all children throughout the day.

What is ACTIVE PLAY? Active play is physical activity which includes moderate to vigorous bursts of high energy, raises children’s heart rate and may make them ‘huff and puff’ such as running or jumping. For an infant or toddler, active play may include reaching out for a toy, rolling over, balancing in a sitting position and crawling/walking.

## **PROCEDURE**

Throughout the day children in every program are able to explore active play indoors and outdoors through explorations that offer opportunities for fostering and scaffolding their physical abilities.

Our environment is built to encourage large play and gross motor opportunities (i.e. equipment, large spaces, walks, etc.) indoors and out. As required, educators ensure children have these opportunities throughout the day in a variety of ways which accumulate to a minimum of 120 minutes total, and 60 of those minutes of outdoor active play.

In addition our enriched program offers swim lesson options, hiking, yoga and neighbourhood walks.

## **STANDARD OF PRACTICE**

Whenever possible, it is recommended active play and physical movement should be incorporated in the child care environment throughout daily routines and activities for a total of 120 minutes.

...licensed child care programs must ensure a minimum of 60 minutes per day of outdoor active play (indoor active play is acceptable when weather is poor or outdoor physical space is limited). Active play may be accumulated through 15 minute portions of time throughout the day or continuously.

Approximate (flexible) daily schedule that supports Active Play:

### **Toddler Program:**

#### **TIME ACTIVITY**

6:30am Free Play (inside: includes some gross motor)  
7:30am Breakfast  
8:00am Science Program  
9:00am Circle/Gathering Time (includes some gross motor)  
9:30am Outdoor Play (minimum 60mins)  
10:30am Lunch  
11:30am Quiet Activities  
12:00pm Rest/Nap  
2:00pm Art  
3:00pm Outside Play (minimum of 60mins)  
4:00pm Snack  
4:30pm Circle/gathering time  
5:15pm Sensory Play

### **3-5 Program:**

#### **TIME ACTIVITY**

7:00am Free Play/Breakfast (inside: includes some gross motor)  
9:30am Circle/Gathering Time (often includes gross motor)  
10:00am Montessori Program  
10:45am Math Activities  
10:45am Outdoor Play (minimum 60 mins)  
11:45am Lunch  
12:30pm Rest

2:30pm Small Group Activities  
3:00pm Table Activities Free Play  
3:30pm Snack  
4:00pm Outside Play (minimum of 60mins)  
5:00-6:00pm Free Play (Indoor and out depending)

Note: Our program takes advantage of good weather and/or engrossed play and expands outdoor time often to include snack times, extended play, etc. We ensure flexibility to maximize outdoor active play.

Based on Appetite to Play, Healthy Eating and Physical Activity in the Early Years BC guide and resources, practices at Park Place Daycare include:

- o Facilitated and unstructured physical activity
- o Outdoor play
- o Incorporation of fundamental movement skills
- o Ensuring a playtime environment
- o Learning about physical activity
- o Role modelling from students and educators
- o No screen time

Resource: Appetite to Play: <https://www.appetitetoplay.com/physical-activity/tips-ideas/developing-and-implementing-physical-activity-policy>