

LEAPS

learning eating active play sleep



Physical activity and screen time policies

A physical activity and screen time policy should outline your service's goals and procedures relating to promotion of physical activity and limiting screen time. Ensure that your educators, staff and families are involved in developing your physical activity and screen time policy. Once developed, the policy should be on display and communicated to educators and families.

Incorporating the National Physical Activity Recommendations for Children – 0 to 5 years into your policy will allow your service to share these recommendations with families.

National Physical Activity Recommendations for Children - 0 to 5 Years

- For healthy development in infants (birth to 1 year), physical activity – particularly supervised floor-based play in safe environments – should be encouraged from birth.
- Toddlers (1 to 3 years of age) and preschoolers (3 to 5 years of age) should be physically active every day for at least three hours, spread throughout the day.
- Infants, toddlers and preschoolers should not be sedentary, restrained, or kept inactive, for more than one hour at a time, with the exception of sleeping.
- Children younger than 2 years of age should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games).
- For children 2 to 5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day.

The *Get Up and Grow* Director handbook contains information to help you develop your physical activity and screen time policy (<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-gug-directorscoord>).

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Your peak body or employer may have an example of a physical activity and screen time policy available to assist you in developing a policy for your service.

There are also examples of policies from the Munch and Move and Healthy Together Victoria programs that you could tailor to your setting.

Munch and Move Sample Physical Activity and Small Screen Recreation Policy

(http://www.healthykids.nsw.gov.au/downloads/file/campaignsprogramms/Samplephysicalactivityandsmallscreenpolicy_2013.doc)

Healthy Together Victoria Active Play/Physical Activity Policy: Example

(<http://www.achievementprogram.healthytogether.vic.gov.au/LiteratureRetrieve.aspx?ID=13472>)

Links to the National Quality Standard (NQS) and the Early Years Learning Framework (EYLF)

NQS Quality Area 2:

Children's health and safety

NQS Quality Area 6:

Collaborative partnerships with families and communities

NQS Quality Area 7:

Leadership and service management

NQS Standard 2.2:

Healthy eating and physical activity are embedded in the program for children

NQS Element 2.2.2:

Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child

NQS Element 7.3.5:

Service practices are based on effectively documented policies and procedures that are available at the service and reviewed regularly