

GUIDELINES FOR ACTIVE PLAY AND SMALL SCREEN RECREATION FOR A GROUP SESSION/SERVICE

These sample guidelines are suitable for a group session or service provided for a couple of hours with parents/carers and children attending together, for example, playgroups.

Review and adapt the Sample Active Play and Small Screen Recreation Guidelines in consultation with facilitators/staff, parents and carers so that it reflects your group's specific needs.

Active Play and Small Screen Recreation Guidelines

_____ *(Insert group session/service name)* Active Play and Small Screen Recreation Guidelines.

The following information has been provided to assist the group session or service to develop their own active play and small screen recreation guidelines.

- Tailor the information to suit your group session or service
- Delete sections that are not relevant to your group session or service
- Add additional points that reflect your practice
- Involve facilitators/staff and parents/carers in the guideline development and review process
- Display the final guidelines for all facilitators/staff and parents/carers to see.

This guideline aims to:

- Promote children's participation in a range of safe physically active learning experiences.
- Provide a positive physically active environment that reflects cultural and family values.
- Promote lifelong enjoyment of physical activity.
- Limit time spent engaging in small screen recreation (television, DVDs, computer and other electronic games) and sedentary behaviour whilst at the group session or service.
- Encourage communication with parents/carers about physical activity, gross motor skills development, fundamental movement skills development and limiting small screen recreation and sedentary behaviour.

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Guideline Statement

_____ (*Insert group session/service name*) recognises the following important functions of physical activity for young children:

- Promotes healthy growth and development
- Builds strong bones and muscles
- Improves cardiovascular fitness
- Improves balance, coordination, posture and strength
- Maintains and develops flexibility
- Assists with the development of gross motor and fine motor skills
- Provides the opportunity to develop fundamental movement skills
- Helps to establish connections between different parts of the brain
- Improves concentration and thinking skills
- Improves confidence and self-esteem
- Relieves stress and promotes relaxation
- Provides opportunities to develop social skills and make friends
- Helps to achieve and maintain a healthy weight.

This group session or service is committed to supporting the *Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years)*.

This guideline seeks to promote children's physical activity and the development of their gross motor and fundamental movement skills through a range of planned and spontaneous physically active play experiences, as well as through everyday physical tasks.

_____ (*Insert group session or service name*) also seeks to limit the amount of time children spend engaging in sedentary small screen recreation and sedentary behaviour.

Further, _____ (*insert group session or service name*) recognises the importance of supporting parents/carers to promote their children's physical activity, and their gross motor and fundamental movement skills development.

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Promote children's participation in a range of safe physically active learning experiences.

Note: Physically active learning experiences include planned play (eg action games/songs, intentional teaching experiences), spontaneous 'free' play (eg child initiated, active play in the playground, dancing to music), intentional teaching experiences and everyday physical tasks (eg helping with gardening, setting up experiences, tidying up spaces).

The group session or service will:

- Provide the opportunity for children to be active while at the group session or service through a balance of planned and spontaneous physically active experiences (including everyday physical tasks), in both the indoor and outdoor environments.
- Where possible, plan intentional Fundamental Movement Skills (FMS) experiences to support children's physical activity and their FMS development.
- Ensure physically active experiences are play based, varied, creative, developmentally appropriate and cater to a range of abilities and interests.
- Ensure all physically active experiences are safe by providing an appropriate environment - ensuring all equipment is developmentally appropriate and well maintained and supervision is constant.
- Encourage children's participation in physical activity of varying intensity (eg lighter through to vigorous activity).
- Provide space, time and resources for children to engage in active play and revisit and practice FMS (where possible).
- Where possible, facilitators/staff will involve children, parents and carers in the planning of physically active experiences.
- Encourage facilitators/staff, parents and carers to actively role model to children appropriate physical activity behaviours.
- Provide opportunities for facilitators/staff to undertake professional development to maintain and enhance their knowledge about early childhood physical activity.

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Provide a positive physically active environment that reflects cultural and family values.

The group session or service will:

- Positively encourage children to participate in a range of active play and physically active experiences.
- Provide children with encouragement and positive reinforcement.
- Where possible, provide positive instruction and constructive feedback to children to assist them in developing and refining their FMS.
- Offer inclusive physical activity opportunities that cater for children, parents and carers from culturally and linguistically diverse backgrounds and those children with additional needs.
- Adopt a participatory approach to physically active experiences offered to children, parents and carers and emphasise fun and participation rather than competition.
- Invite and engage parents/carers to participate in promoting physical activity with the children.
- Encourage children to be understanding and accepting of the different physical skills and abilities of other children.

Promote lifelong enjoyment of physical activity.

The group session and service will:

- Offer a range of physically active learning experiences to parents/carers attending the group session or service.
- Encourage children to be as active as possible during the group session or service (as appropriate).
- Encourage all children to participate in physically active experiences to the best of their ability.
- Provide opportunities for children, parents and carers to engage in discovery learning about the importance of being physically active and reducing small screen time as part of their learning experiences.
- Assist children to develop daily habits, understandings and skills that support health and wellbeing.

GUIDELINES FOR ACTIVE PLAY AND SMALL SCREEN RECREATION FOR A GROUP SESSION/SERVICE

Limit time children spend engaging in small screen recreation (television, DVDs, computer and other electronic games) and sedentary behaviour whilst at the group session or service.

The group session or service will:

- Endeavour to provide no small screen recreation time and limit the amount of sedentary behaviour while at the group session or service.
- Discuss with children, parents and carers the role of small screen time in their lives and support them in making healthy choices about their use of small screen recreation for both education and recreation.
- Encourage facilitators/staff to model appropriate small screen behaviours to the children.
- In accordance with the national movement recommendations, encourage the promotion of physical activity as necessary.



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Encourage communication with parents/ carers about physical activity, gross motor skills development, fundamental movement skills development and limiting small screen recreation and sedentary behaviour.

The group session or service will:

- Provide a copy of the *Physical Activity and Small Screen Recreation Recommendations (Parent/carers)* to all parents/carers during registration/ orientation to the group session or service. Parents/carers will be provided with opportunities to contribute to any review and development of the guidelines.
- Request that any details of children's additional needs in relation to physical activity participation be provided to the group session or service.
- Encourage parents/carers to share with the group session or service links between cultural backgrounds and physical activity.
- Communicate regularly with parents/carers and provide information, support and advice, where possible, on physical activity, gross motor skills development, FMS development, everyday physical tasks, active transport and limiting small screen recreation and sedentary behaviour. This information may be provided to parents/ carers in a variety of ways including factsheets, newsletters, noticeboards, during orientation, information sessions and informal discussion.

