

Fitting In Physical Activity – Suggestions from Childcare Conference

Sample Policies that Support Physical Activity in the Childcare Setting:

Sample Policy #1

Out side play at least one hour in am and pm. The first 15 minutes will be structured.
(Weather permitting – inside PA during winter months)

Sample Policy #2

Have Children take turns – phrase what they have done

- Implement four sessions a day (15 Minutes) of structured PA.
- Daily out door activity - 30 minutes 2x a day
- Walking regularly

Sample Policy #3

Incorporate activities in daily schedule that include both adults & children at least four sessions of 15 minutes each.

Sample Policy #4

- A designated time during the day will be set aside for physical activity.
Whole day – 1.5 hours 45 minutes – outside Half day

What toys or other items inside and outside of your childcare facility support or discourage physical activity? What are the pros and cons of these toys and items?

“Pro” Support	“Cons” Discourage
Jungle gym Slides, swings, tunnels	Doesn’t support all age groups
Beams & logs	
Baby gyms	
Hula Hoop/Jump ropes	Improper use
Riding/ Pushing toys	Not for older children (need helmets)
Tumbling mats – Games for Olympic activities – Indoor gym	
Parachute	Need larger group – small ply areas
Climbing wall	
Balls –great for all ages	
Small trampolines	
Music	Video games
Obstacle course/walking ropes	Manipulative activites

What barrier's might you face in your efforts to getting children more physically active in your child care setting?

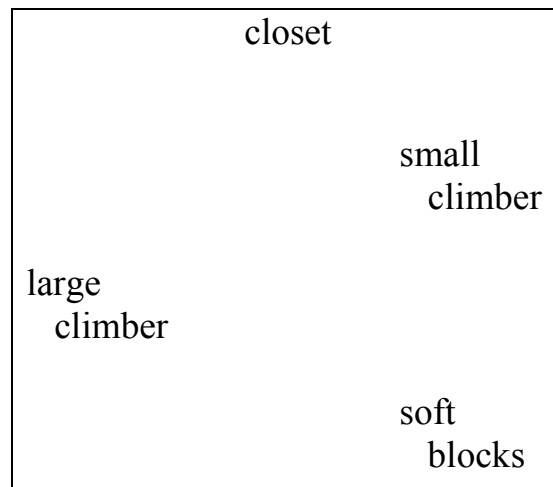
- Small areas – running, exercising, music, puppet area, thing to push around, tunnels – to go through, slides, paint table/mats, hopscotch, obstacle courses, creative way, parade/marching in line, circle reading

How might you overcome some barriers?

- Lack of space
- Lack of equipment (funding) – homes – start homes in area
- Age group – activity
- Safe area to interact – not large enough
- Assess equipment – surroundings
- Children who do not enjoy activity – sit and talk with child to see what they would like to do.

Dream a little. What would your ideal childcare facility look like that supports children being more physically active? Consider both the indoor and outdoor environments.

- Large indoor play space – min. 50 sq. feet per child with outdoor exit to playground
- Equipment, parachutes, mini trampolines, walking paths, trails for cycling
- Various levels enc., ↑ stepping, ↑↓ movement
- Riding equipment, mats
- ◇ Ball space, multi-age group, BB
- Staff willing to play/interact
- Music/movement time
- Resource people: dance, reading dramatics, walk to (if available) library
- Reinforce good eating habits
- Parent involvement: newsletter
- Have large inside space – motor room, atrium



Thinking about your current childcare activities and existing curriculum, how might you adopt what you are already doing to make it more physically active?

- Hop to the sink to wash hands
- While standing in line – play the game “where are your toes? etc.”
- Music tapes (not videos) – to act out adventures!
- Music – when it stops kids freeze or sit down – good for all ages.
- Move tables and chairs to open up the space
- Walk around the room and find something red, etc.
- Pretend you are an animal – other kids have to guess.
- Making butter from cream – kids have to shake it
- Musical parade