

## Physical Activity – Guideline OG150

### WHĀINGA/AIM

For children, teachers and whānau to be more physically active, to understand the benefits of physical activity and to enjoy being physically active.

### NGĀ RAUTAKI/STRATEGIES

- We will set up a range of developmentally appropriate, safe, challenging, inviting and engaging physical activities every day.
- We will make sure we always have a good range of sporting equipment available.
- Teachers will model being physically active and join in with active play.
- We will encourage children to join physical activity and celebrate their successes.
- We will make use of our centre and local environments for physical activity, eg our playgrounds, the grass area outside the centre, walks around EIT campus, Teletubbie Hill, the forest area at the back of EIT, Ōtātara Pa, etc.
- We will include discussions about health, strength and fitness and the benefits of being physically active, in our programme.
- We will invite athletes and community experts to the centre to encourage physical activity.
- We will look for opportunities to engage in physical activity in our community, (such as when we join Taradale Intermediate for Olympic sports days).

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