

Physical Activity – Policy QO150

AIM

To promote active and healthy lifestyles to children and their families.

GOAL

To encourage the development of physical skills by providing a safe and challenging physical environment every day.

STRATEGIES

Staff provide daily activities that offer varying degrees of physical challenge aimed at helping children to develop strength, coordination, agility and balance.

Children's range of physical skills is extended through access to a wide range of equipment and experiences.

Group times involve musical activities that encourage moving through space, moving to rhythm and being near others.

Staff ensure that all physical play equipment is maintained in a safe condition and set up to comply with relevant safety standards.

Resources will be made available for regular staff development regarding physical activity.

Document information – Office use only	
Document Name	Physical Activity
Document Number	QO150
Executive	Executive Director, Student and Academic Services
Owner	Executive Director, Student and Academic Services
Developer	Supervisor Children Centre
Review Frequency	12
Last Review	5/12/2023
Next Review	5/12/2024
Related Items	Health, Safety and Wellbeing – Policy QS180 Hazard and Risk Management – Procedure PS180-12
Version history	New format July 2020 Migrated format March 2023

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Please refer to the electronic source (QMS) for the latest version.