

Physical Activity – Policy QO150

1. AIM

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

2. GOAL

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

3. 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	
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Owner	Executive Director, Student and Academic Services
Developer	Supervisor Children Centre
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Related Items	Health, Safety and Wellbeing – Policy QS180

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Refer to the [QMS](#) for the latest version.

	Hazard and Risk Management – Procedure PS180-12
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