

Children's Physical Activity Policy

The facility shall assure that each age group or class must have a written and followed plan of scheduled daily activities. The plan shall be posted in a conspicuous location accessible to parents. The written plan must meet the needs of the children being served, and must include alternate activities in case of inclement weather, and include scheduled activities that:

- 1.) The written plan must meet the needs of the children being served, and must include alternate activities in case of inclement weather and include scheduled activities that promote emotional, social, intellectual and physical growth.

- 2.) Planned activities for children one (1) year of age and up to enrollment in kindergarten shall include a minimum of forty (40) minutes of combined indoor and outdoor physical activity for every three and one-half (3½) hours in care, excluding quiet or nap times.

- 3.) Planned activities for school-age children (kindergarten through 5th grade) enrolled in after school child care programs shall include a minimum of forty (40) minutes of outdoor physical activity for every three (3) hours in care.

- 4.) These activities may include but are not limited to playground equipment, ball games, teacher lead small group games, and teacher directed large group games. In the event of inclement weather a rainy day activity schedule shall be followed.

- 5.) The children's clothing and shoes must be appropriate for the activity scheduled; i.e. sneakers or closed toe shoes, jackets, short pants, etc.

Parent/guardian's signature _____ Date _____

Director's signature _____ Date _____