

## PHYSICAL ACTIVITY

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### **Rationale:**

Treetops Early Learning Centre is committed to promoting active and healthy lifestyles to tamariki and their whānau.

### **Goals:**

- To provide a safe and success orientated environment for all tamariki to acquire movement skills daily.
- For tamariki to use physical movement as a vehicle for learning.
- To promote movement, sport and exercise as an important aspect of tamariki education to parents, caregivers, whānau and kaiako.

### **Procedure:**

1. Freedom of movement will be promoted for infants in our Nest and this philosophy will be explained to parents, caregivers, whānau and kaiako.
2. Physical activity will be provided to meet the needs for all tamariki, on a daily basis as part of our curriculum.
3. Challenging environments will be created for tamariki to extend themselves physically. Tamariki will be encouraged to safely take risks in the physical environment.
4. Music and other cultural activities will be used as a tool to encourage and explore movement.
5. Parents and whānau will be encouraged to be actively involved in maintaining tamariki interest in physical activity. Physical activity will be shared through Educa, Facebook, photographs and videos.
6. Professional development is available for kaiako to increase their knowledge and skills in relation to physical development.
7. All rooms will allocate funds to be used to promote/extend physical activity including new equipment.
8. Each centre will decide which (if any) physical activity programmes to enrol in according to the requirements of tamariki. Funds may be made available for this.
9. Kaiako will role model promotion of physical activity in a positive way to tamariki, parents, whānau and caregivers.