



## Considerations for Promoting Physical Activity and Setting up Outdoor Equipment Procedures

### Physical Activity

To promote healthy weight and physical development through physically active play in children, Weetangera Preschool will:

1. Provide safe and adequate space in both indoor and outdoor play area for physically active play
2. Engage children in physically active behaviours that are suitable for their developmental ability
3. Plan opportunities for children to be physically active by providing space and experiences that vary on a regular basis in children play area
4. Ensure a balance of active and sedentary experiences.

### Setting up Outdoor Equipment

Educators at Weetangera Preschool value the learning that occurs in the outdoor environment and the potential for children to challenge themselves both physically and cognitively. To ensure the safety of children in the outdoor environment, educators need to consider the placement and suitability of non-fixed/mobile equipment. In particular, the following aspects should be considered:

- Does the equipment meet Australian Standards?
- Will the placement of a particular piece of equipment allow children to access dangerous areas, (e.g. climb over the fence/gate, access the roof etc.)?
- Is the height of the equipment greater than 1500mm?
- Is there appropriate material under the equipment fall zone (e.g. soft fall, tan bark etc.)? Should mats be placed under equipment to extend/enhance the fall zone?
- Are components of mobile equipment joined together in such a way as to provide maximum stability and minimise the potential for children's fingers getting caught?

The preschool team have established shared guidelines as to the use of equipment in the playground to ensure consistency amongst educators and to support children in their development across a range of domains.

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